

THE HAPPY AND HEALTHY TRUST

England & Wales · Charity number 1182927

Details

Status Registered

Legal form Trust

Registered 2019-04-10

Register [View on the Charity Commission register](#)

Contact

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London
E5 9AB

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Activities

Objects: 1)THE RELIEF OF FINANCIAL HARDSHIP, EITHER GENERALLY OR INDIVIDUALLY OF PEOPLE, BY MAKING GRANTS OF MONEY FOR PROVIDING OR PAYING FOR ITEMS SERVICES OR FACILITIES.2)TO ACT AS A RESOURCE FOR YOUNG PEOPLE BY PROVIDING ADVICE AND ASSISTANCE AND ORGANISING PROGRAMMES OF PHYSICAL, EDUCATIONAL AND OTHER ACTIVITIES AS A MEANS OF ADVANCING IN LIFE AND HELPING YOUNG PEOPLE BY DEVELOPING THEIR SKILLS, CAPACITIES AND CAPABILITIES TO ENABLE THEM TO PARTICIPATE IN SOCIETY AS INDEPENDENT, MATURE AND RESPONSIBLE INDIVIDUALS;3)TO PROMOTE ANY OTHER EXCLUSIVELY CHARITABLE OBJECTS AND PURPOSES AS THE TRUSTEES SEE FIT, PROVIDED THAT THEY ARE REGARDED AS CHARITABLE BY THE LAW OF ENGLAND AND WALES.

Activities: 1)THE RELIEF OF FINANCIAL HARDSHIP, EITHER GENERALLY OR INDIVIDUALLY OF PEOPLE, BY MAKING GRANTS OF MONEY FOR PROVIDING OR PAYING FOR ITEMS SERVICES OR FACILITIES. 2)TO ACT AS A RESOURCE FOR YOUNG PEOPLE BY PROVIDING ADVICE AND ASSISTANCE AND ORGANISING PROGRAMMES OF PHYSICAL, EDUCATIONAL AND OTHER ACTIVITIES AS A MEANS OF ADVANCING IN LIFE AND HELPING YOUNG PEOPLE BY DEVELOPING THEIR SKILLS

Classification

- **How:** Makes Grants To Individuals, Provides Services
- **What:** General Charitable Purposes, Disability, The Prevention Or Relief Of Poverty
- **Who:** Children/young People

Geography

- Throughout England

Finances

Period end	Income	Expenditure	Assets	Employees
2025-01-31	£375,719	£336,691	-	-
2023-12-31	£326,892	£301,186	-	-
2022-12-31	£217,772	£179,459	-	-
2021-12-31	£156,986	£150,451	-	-
2020-12-31	£73,719	£76,401	-	-

Trustees

Name	Role	Appointed
Mordechai Yakov Monderer	Chair	2018-12-26
Binah wiznitzer		2018-12-26
Chaim Meier Muller		2018-12-26

THE HAPPY AND HEALTHY TRUST

England & Wales - Charity number 1182927

Accounts



REWRITING STORIES

Handing the pen to young people to write new beginnings.

Annual Report and Accounts
Year ended 31 December 2024

TRUSTEE'S MESSAGE:

“Too many young people begin life with doors closed, opportunities blocked, and their stories already written against them. Yet every child deserves the chance to take the pen and write their own destiny. At The Happy and Healthy Trust, we make that possible.”

Over the past year, I have been deeply inspired by the courage, determination, and creativity of the young people we support. They have reclaimed control of their lives, taken bold steps forward, and begun to chart paths full of hope, confidence, and possibility. Each journey we witness reminds us why our work matters: to empower young people to rewrite their own futures, embrace their potential, and see that their circumstances do not define them.

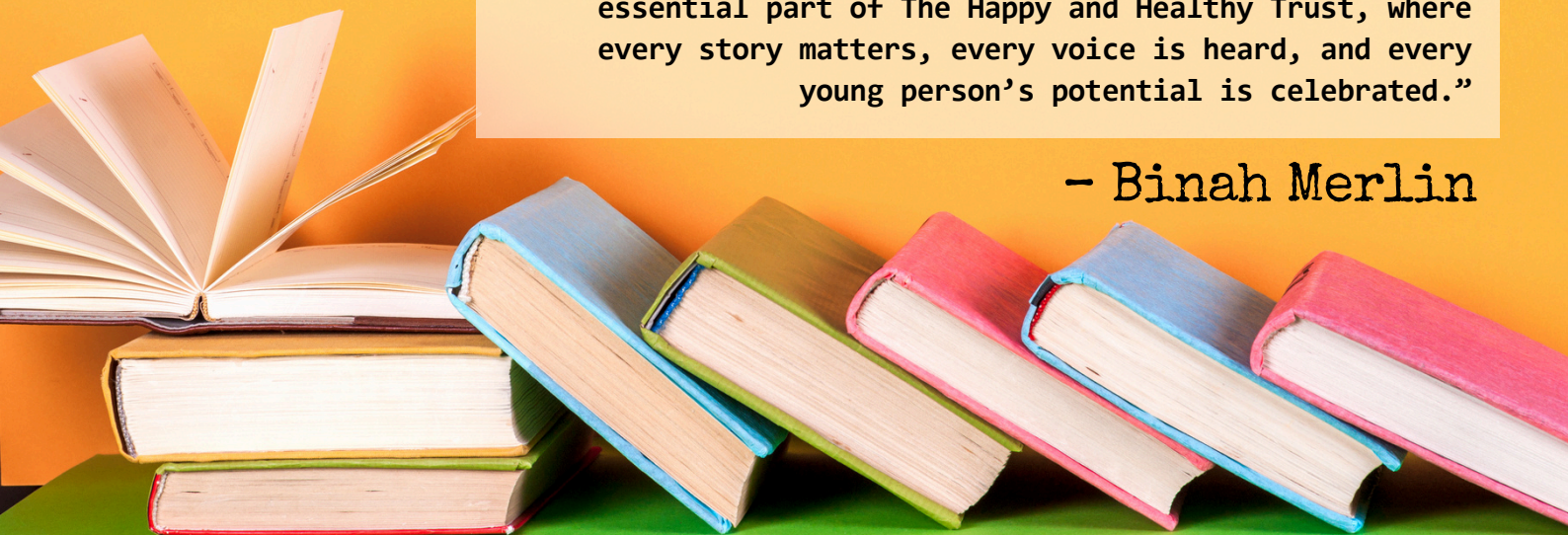
This year, we have been privileged to reach and support 614 young people through our programs.


Whether through physical activity, creative projects, soft skills, digital skills, employment support, or meal and holiday provision, every experience nurtures resilience, unlocks hidden potential, and opens doors to new opportunities. Watching young people rise to challenges, celebrate achievements, and step boldly into their own power is both humbling and inspiring.

We are profoundly grateful to our donors, volunteers, staff, and community partners. Your care, dedication, and belief in our mission make it possible for young people to reclaim their lives, pursue dreams they never imagined possible, and transform their futures. Together, we are shaping a community where every young person feels valued, supported, and empowered.

We invite you to continue this journey with us: to help young people take the pen, turn the page, and write bold new chapters in their lives. Thank you for being an essential part of The Happy and Healthy Trust, where every story matters, every voice is heard, and every young person's potential is celebrated.”

- Binah Merlin





Our Mission

The Happy and Healthy Trust exists to empower young people to take the pen and rewrite their own stories. By promoting wellbeing, providing essential resources, and building supportive networks, we ensure every young person has the tools, confidence, and opportunity to thrive.

Our Vision

We envision a world where every young person can author their own future, pursue their dreams, and live with resilience, independence, and hope. We create communities that celebrate each young person's right to health, happiness, and success.

OUR GOALS

A close-up photograph of a hand holding a bundle of colorful pencils. The pencils are in various colors including purple, teal, orange, yellow, blue, pink, red, and grey. The hand is positioned on the left side of the frame, with the pencils fanning out towards the right. The background is a soft, out-of-focus grey.

01

Enhancing Physical Health

Encouraging active lifestyles to build resilience, confidence, and wellbeing.

02

Ensuring Equal Access

Providing the resources, support, and opportunities every young person needs to flourish.

03

Fostering Community

Creating inclusive, empowering spaces where young people are supported to take charge of their journey.

04

Empowering Life Skills

Equipping youth with the skills, confidence, and mindset to thrive on their own terms, personally, academically, and professionally.

At The Happy and Healthy Trust, every program is a chance for a young person to take the pen and rewrite their story. Over the past year, we have seen young people confront challenges, embrace opportunities, and transform uncertainty into confidence, hope, and purpose. Through Physical Activity, Life Skills & Employability, and Health & Wellbeing programs, participants develop resilience, self-belief, and the tools to shape their own journey.

STORIES IN ACTION

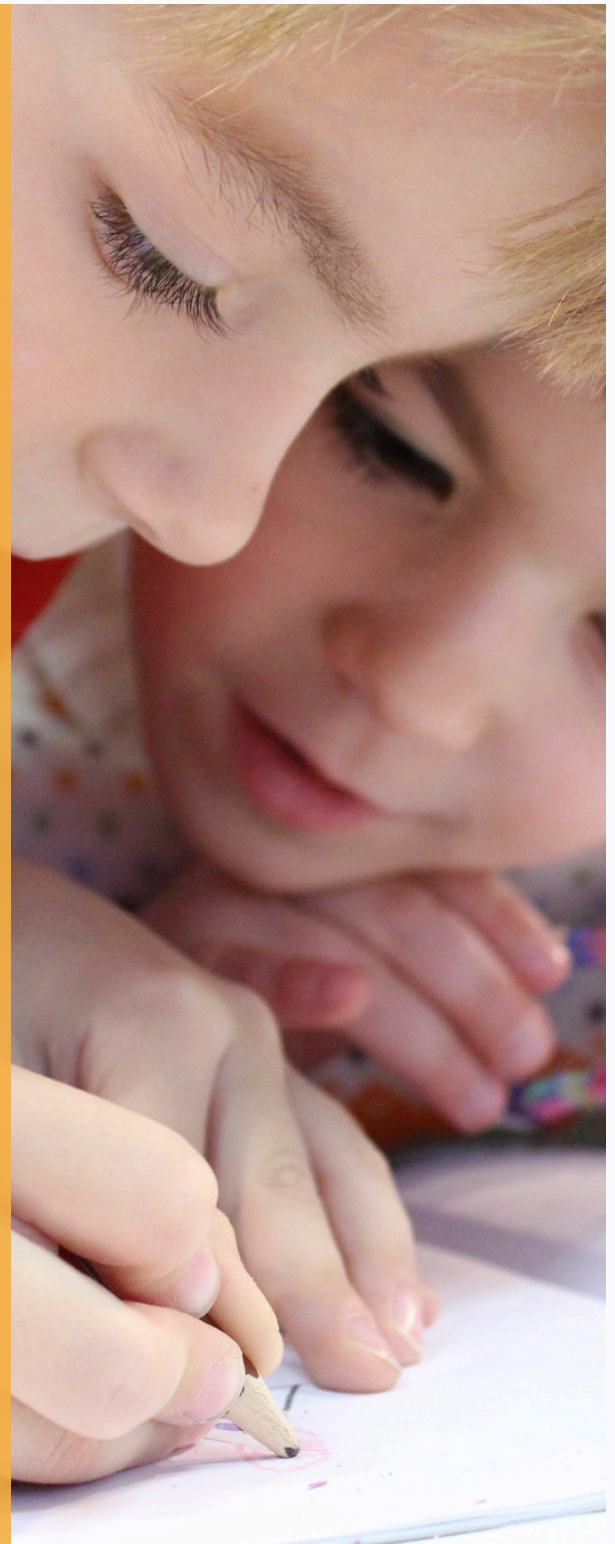
Health & Wellbeing

HUNGER NO LONGER

For many children and young people, starting the day hungry is an all-too-familiar reality. Hunger No Longer changes that. Each morning, participants receive a nourishing breakfast in a warm, supportive environment, surrounded by mentors and peers who offer guidance, encouragement, and friendship. Beyond filling stomachs, the program gives young people the energy, focus, and emotional support to face each day with hope and confidence, ensuring that no child begins life at a disadvantage.

DINNER DREAMS

During school holidays, many families face uncertainty about their next meal. Dinner Dreams provides home-cooked meals and meal packages, ensuring that no child goes to bed hungry. The program gives families not only nourishment but stability, reassurance, and a tangible sense that they are cared for. Through this support, young people experience the comfort and security they need to thrive, creating space to grow, learn, and dream.



STORIES IN ACTION

Physical Activity

GEARUP!

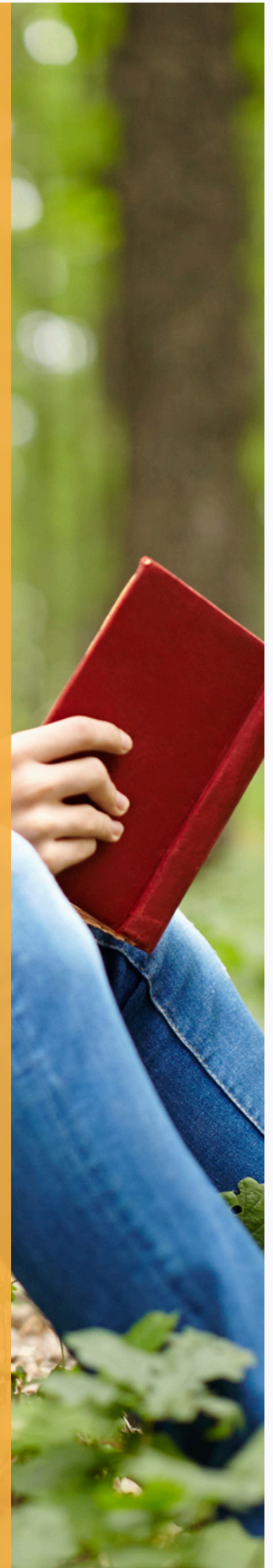
For ages 8–13, GearUp! is a weekly cycling program that promotes resilience, courage, and self-belief. As participants tackle increasingly challenging routes, they push themselves physically and mentally, learning to overcome fears, work as a team, and persevere through obstacles. Each ride teaches determination and shows young people that challenges are opportunities to grow, helping them understand they have the power to steer their own path, both on and off the bike.

LITTLE LEGENDS

Little Legends runs weekly outdoor multi-sport sessions for 60 children aged 4–6 and their families in Hackney, boosting physical literacy, confidence, teamwork, and wellbeing. The programme develops core movement skills—balance, coordination, agility, and motor control—through football, athletics, mini tennis, and obstacle courses. By combining play-based learning with confidence-building and teamwork, Little Legends fosters sustained participation and positive attitudes toward active lifestyles. Sessions actively involve parents and carers, encouraging family engagement and reinforcing healthy routines at home. The programme addresses early inequalities in access to physical development opportunities, supporting wellbeing, school readiness, and long-term active habits for underserved children in Hackney.

BUSHCRAFTING CAMP – YES I CAN!

For ages 11–15, Yes I Can! takes young people into the heart of the outdoors, where survival challenges—building shelters, making fires, foraging—become opportunities to develop resilience, teamwork, and self-reliance. The natural world becomes a classroom for confidence, courage, and creativity, leaving participants with memories, skills, and self-belief that extend far beyond the camp itself.



STORIES IN ACTION

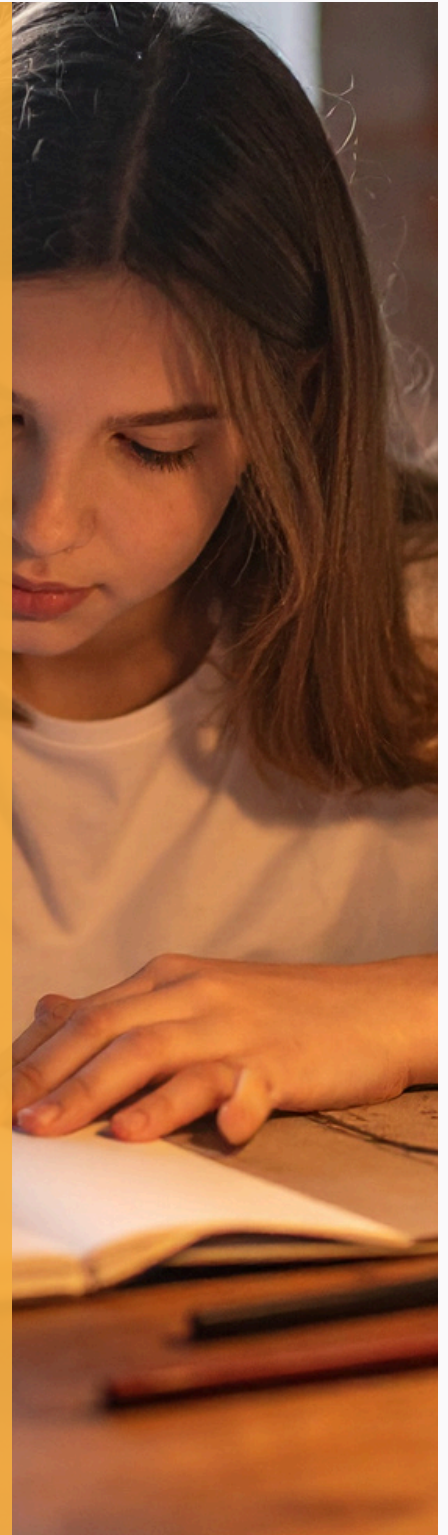
Life Skills & Employability

DIGITAL FUTURES

Digital Futures equips young people and young adults with the digital literacy, problem-solving, and work readiness skills needed to succeed in today's world. Through hands-on workshops covering coding, digital design, and real-world placements, participants develop confidence, creativity, and professional skills, empowering them to imagine and build brighter futures.

SMART CENTS

Smart Cents supports young adults aged 19-25 in Hackney to develop financial literacy, budgeting, and employability skills. Through hands-on workshops, digital skills training, and career development support, participants learn to manage income and expenses, create personal budgets, save for goals, understand credit, and use digital tools. By the end of the program, participants gain confidence, maintain budgets, improve digital competence, and enhance employability, equipping them to achieve financial independence and wellbeing.





STORIES IN NUMBERS

PHYSICAL ACTIVITY

330

Sessions
Delivered

550

Volunteer Hours
Contributed

186

Young People
Reached

92

% reported increased
confidence &
resilience

28

% of Budget
Allocated

HEALTH & WELLBEING

270

Young People &
Families Supported

13,580

meals provided

350

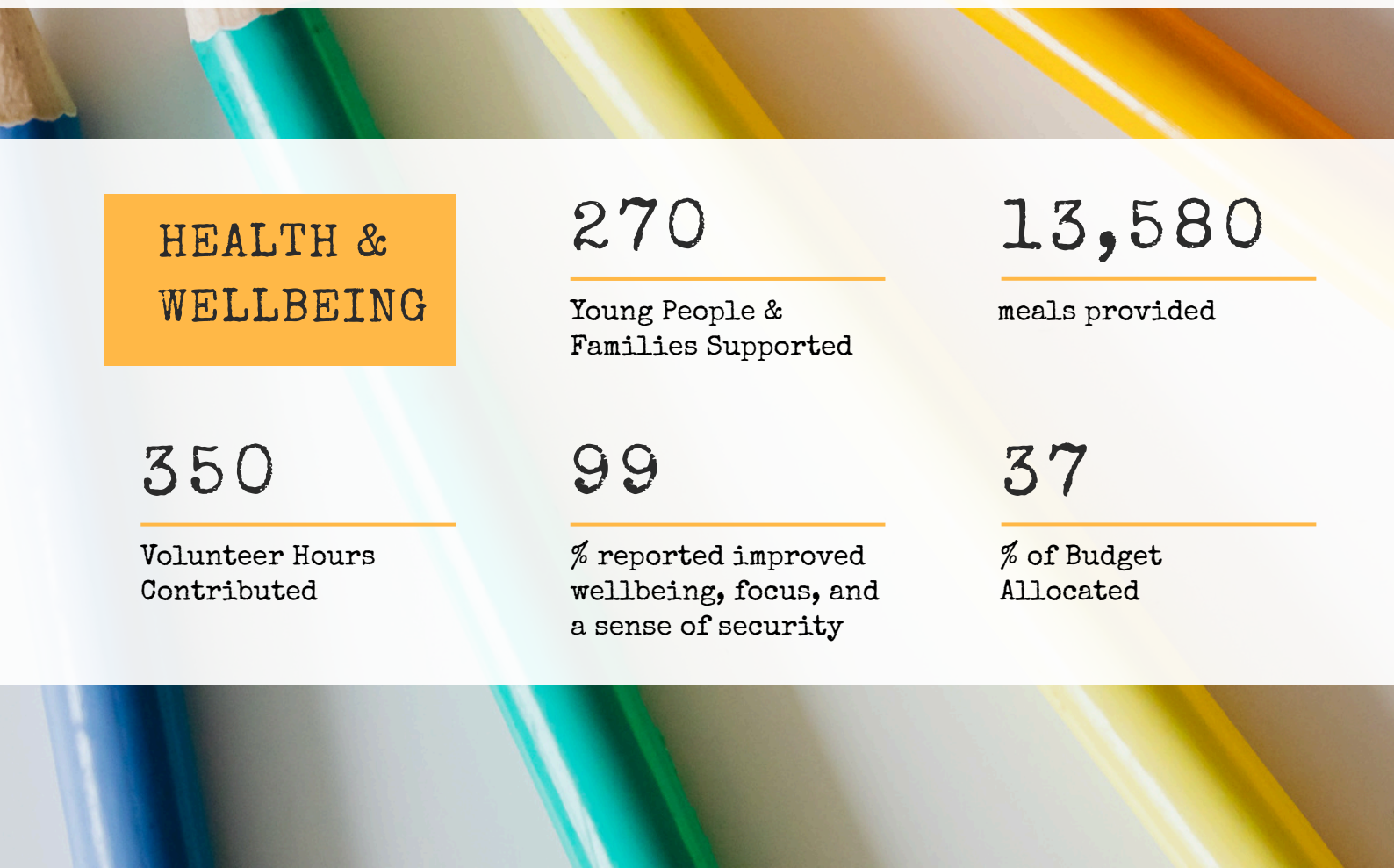
Volunteer Hours
Contributed

99

% reported improved
wellbeing, focus, and
a sense of security

37

% of Budget
Allocated



LIFE SKILLS & EMPLOYABILITY

158

Young People Reached

202

Workshops Delivered

36

Work Placements & Volunteering Opportunities Provided

440

Hours of Delivery

90

% improved digital literacy, financial and employability skills

35

% of Budget Allocated

TOTAL OVERVIEW 2025

614

Total Young People & Families Reached

1250

Total Volunteer Hours Contributed

13,580

Total Meals Provided

972

Total Sessions & Workshops Delivered

36

Work Placements & Volunteering Opportunities Provided

92

% reported improved confidence and wellbeing

90

% reported increased life skills or employability

85

% improved digital literacy

100

% Total Budget Allocated

THE STORIES THEY WRITE

These case studies reveal how young people are reclaiming their lives and rewriting their futures. Through our programs, participants confront fears, discover hidden strengths, and achieve milestones that once felt out of reach. Each story is a testament to resilience, courage, and the transformative power of support, guidance, and opportunity.

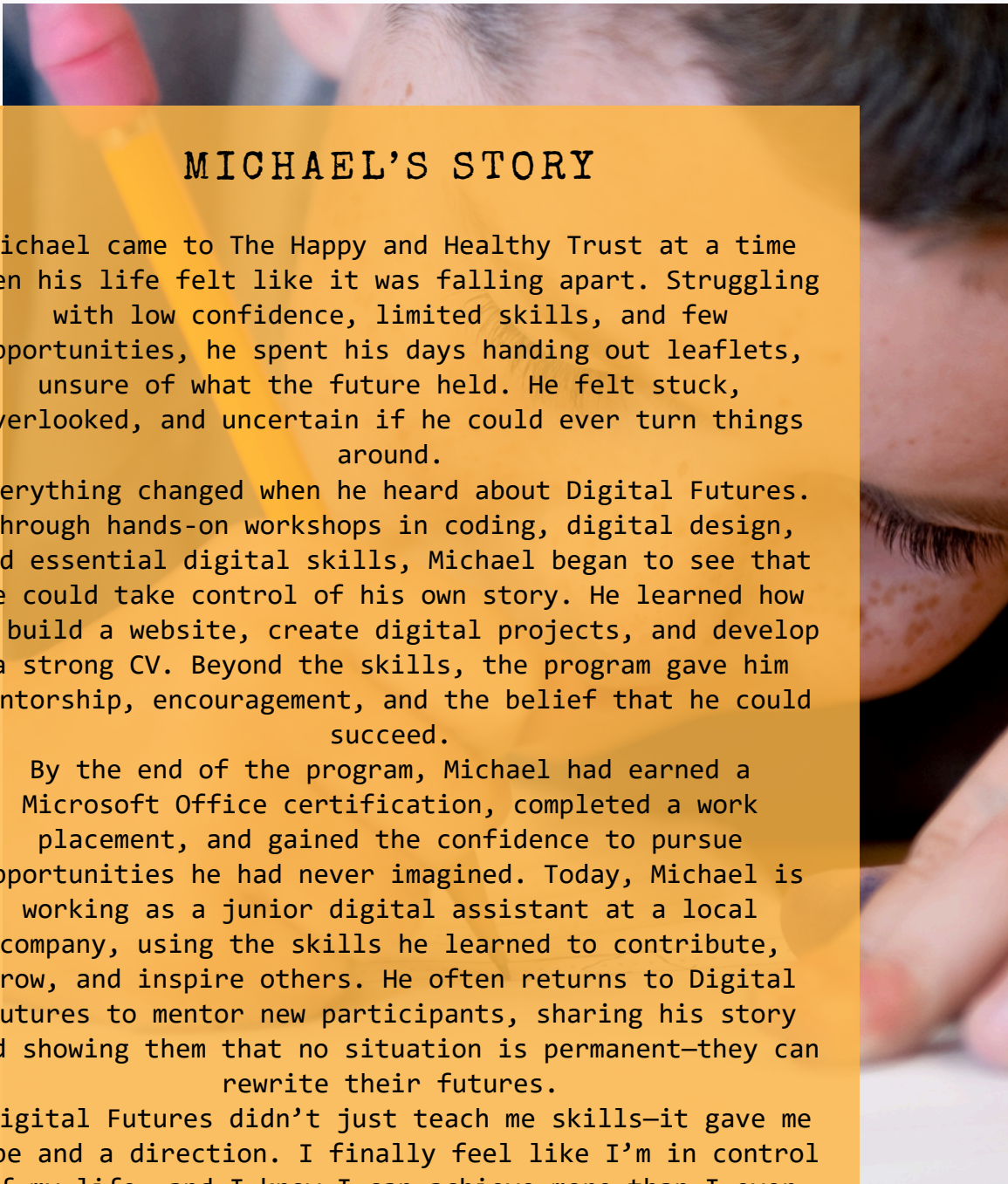
MICHAEL'S STORY

Michael came to The Happy and Healthy Trust at a time when his life felt like it was falling apart. Struggling with low confidence, limited skills, and few opportunities, he spent his days handing out leaflets, unsure of what the future held. He felt stuck, overlooked, and uncertain if he could ever turn things around.

Everything changed when he heard about Digital Futures. Through hands-on workshops in coding, digital design, and essential digital skills, Michael began to see that he could take control of his own story. He learned how to build a website, create digital projects, and develop a strong CV. Beyond the skills, the program gave him mentorship, encouragement, and the belief that he could succeed.

By the end of the program, Michael had earned a Microsoft Office certification, completed a work placement, and gained the confidence to pursue opportunities he had never imagined. Today, Michael is working as a junior digital assistant at a local company, using the skills he learned to contribute, grow, and inspire others. He often returns to Digital Futures to mentor new participants, sharing his story and showing them that no situation is permanent—they can rewrite their futures.

"Digital Futures didn't just teach me skills—it gave me hope and a direction. I finally feel like I'm in control of my life, and I know I can achieve more than I ever thought possible."





LEILA'S STORY

When Leila, 13, was first introduced to GearUp!, she wanted nothing to do with it. Quiet, withdrawn, and unsure of herself, she'd long stopped believing she could keep up with others her age. Her teachers described her as bright but hesitant – a girl who stayed on the sidelines, afraid to try for fear of failing.

It was her pastoral mentor who gently encouraged her to give the program a chance. “Just one ride,” they said. Leila reluctantly agreed. On that first session, she barely spoke a word. She stayed at the back, nervous about falling, about being judged. But what she found instead was a group of young people just like her – all learning, supporting one another, and discovering that strength doesn't come from being the fastest, but from showing up.

As the weeks went on, Leila began to change. Each cycling session challenged her – physically and emotionally – but also showed her what she was capable of. Every hill climbed, every new route completed, every word of encouragement from teammates became a step toward rebuilding her confidence. She started to laugh, to lead, and to believe in herself again.

By the end of the program, Leila wasn't the quiet girl at the back anymore. She had become one of the first to arrive, helping others fix their helmets, motivating her peers to keep going. Her teachers noticed the difference too – she began participating more in class, volunteering for group activities, and showing genuine pride in her achievements. “GearUp! showed me that I can do hard things,” Leila says with a smile. “I used to think I wasn't good enough, but now I know I just needed to try. Every ride made me stronger – not just my legs, but my confidence, too.”

Today, Leila continues cycling with friends on weekends, and she hopes to become a youth mentor in future sessions – helping other young people find the courage to push past fear and move forward with confidence.

THE STORY IN PICTURES

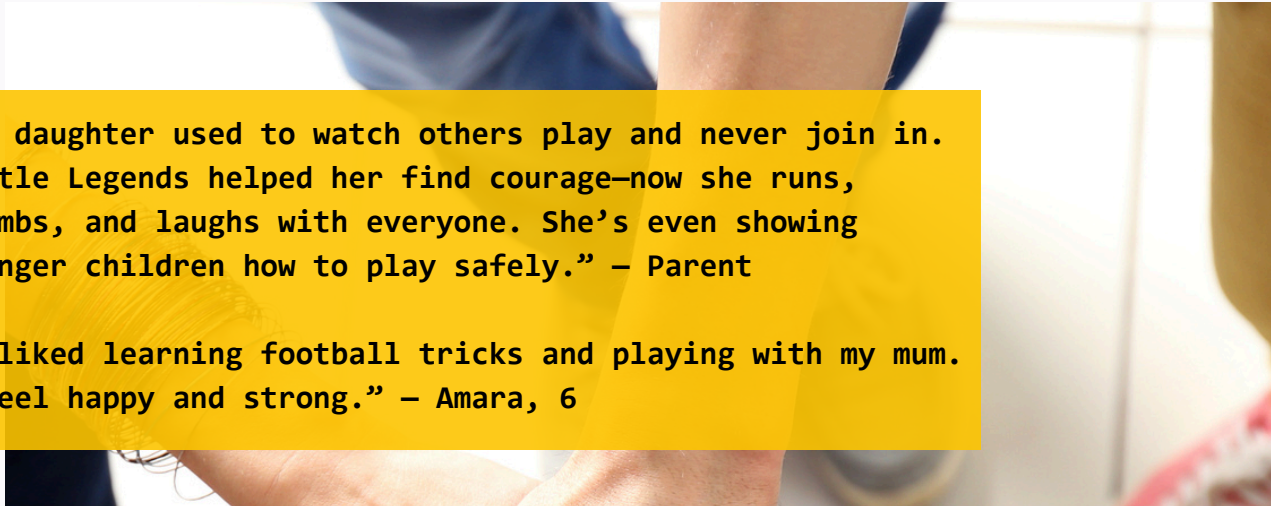




IN THE STORIES PICTURES

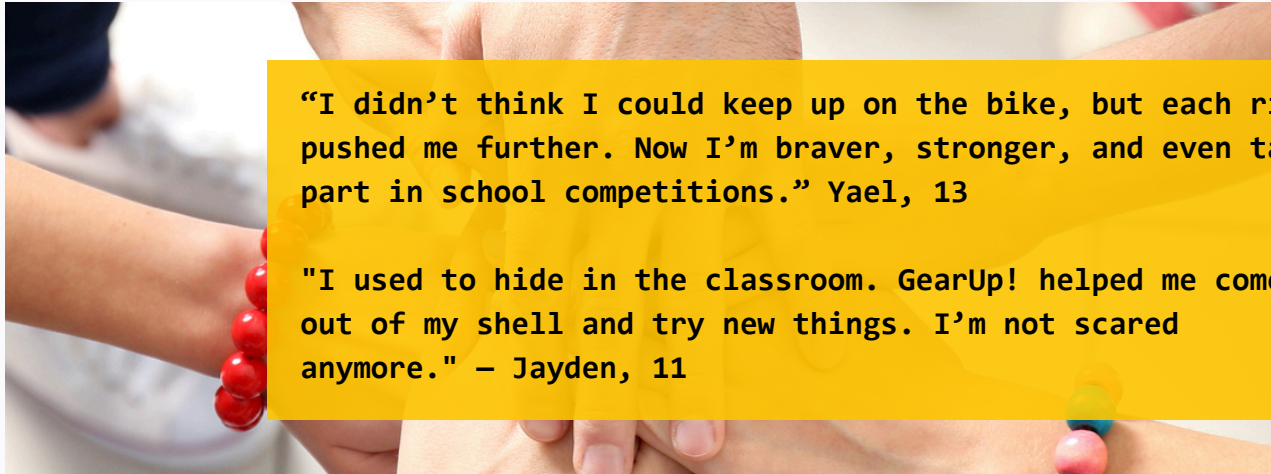
IN THEIR OWN WORDS

The voices of children, young adults, parents, and staff illuminate the real impact of our work. In their own words, they share moments of growth, triumph, and hope – small victories and bold leaps alike – showing how lives are being reshaped, confidence is being built, and futures are being rewritten.



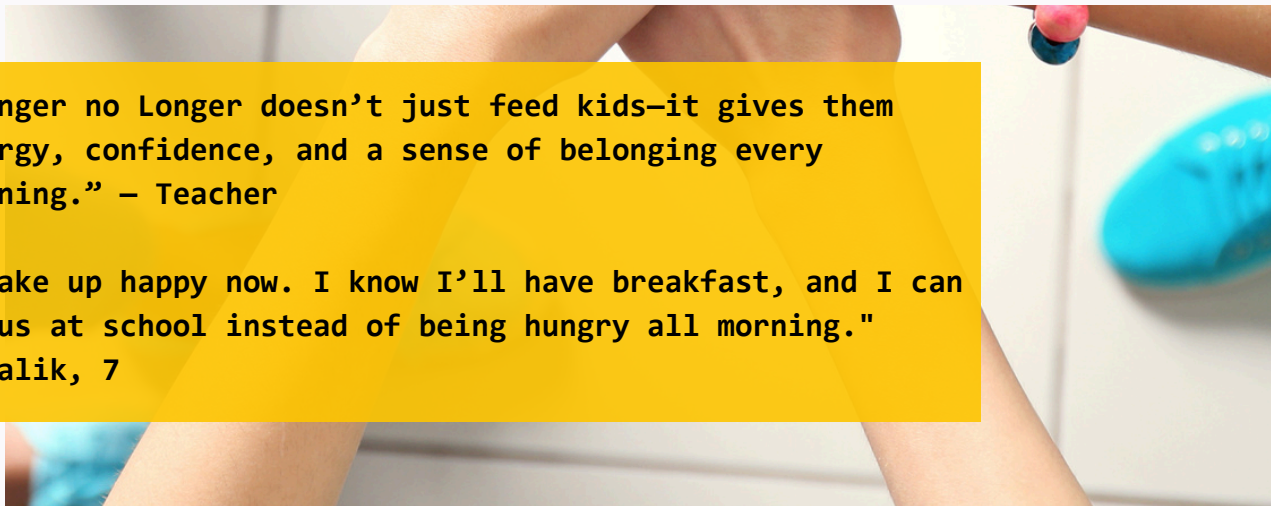
“My daughter used to watch others play and never join in. Little Legends helped her find courage—now she runs, climbs, and laughs with everyone. She’s even showing younger children how to play safely.” – Parent

“I liked learning football tricks and playing with my mum. I feel happy and strong.” – Amara, 6



“I didn’t think I could keep up on the bike, but each ride pushed me further. Now I’m braver, stronger, and even take part in school competitions.” Yael, 13

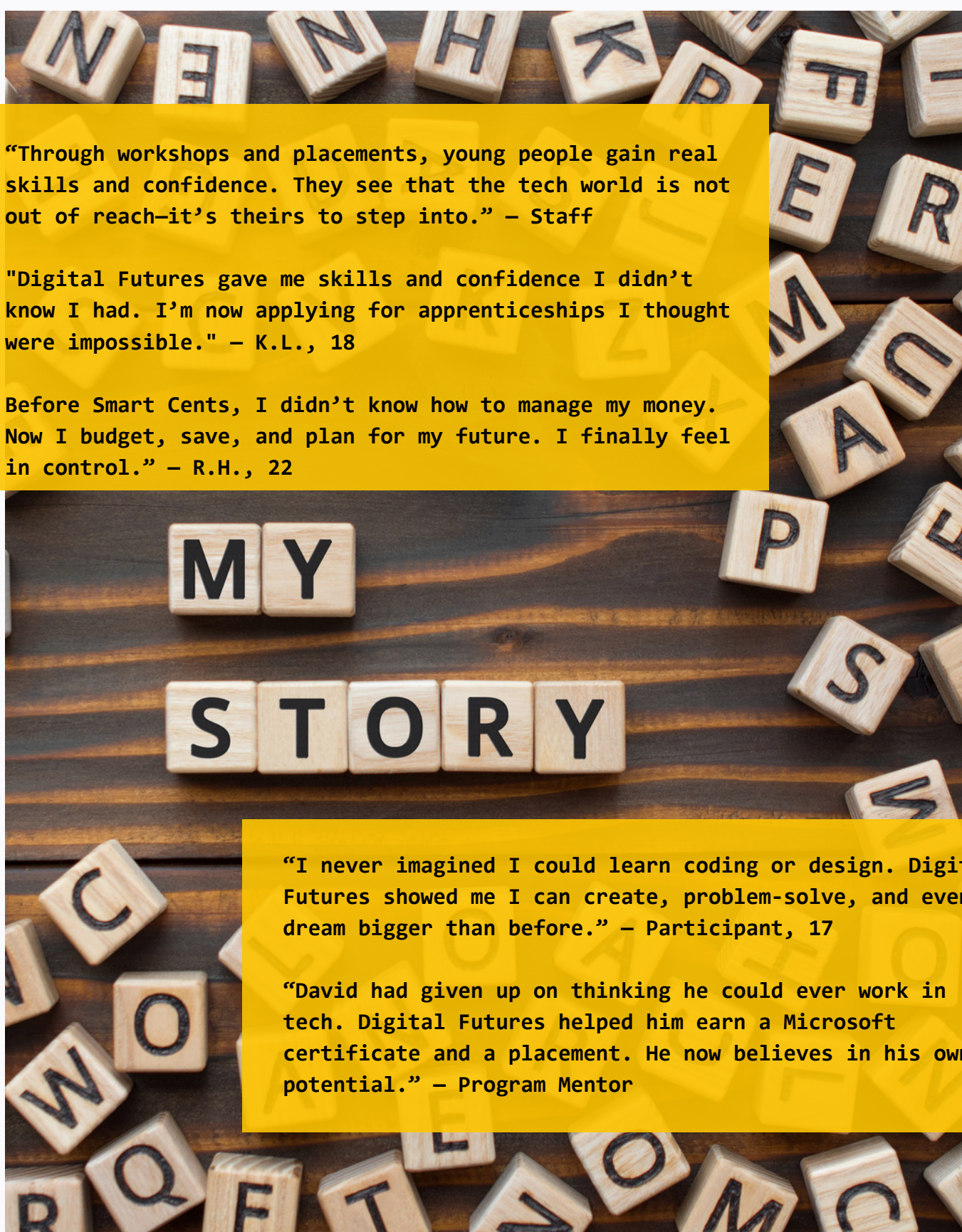
“I used to hide in the classroom. GearUp! helped me come out of my shell and try new things. I’m not scared anymore.” – Jayden, 11



“Hunger no Longer doesn’t just feed kids—it gives them energy, confidence, and a sense of belonging every morning.” – Teacher

I wake up happy now. I know I’ll have breakfast, and I can focus at school instead of being hungry all morning.”
– Malik, 7

IN THEIR OWN WORDS



“Through workshops and placements, young people gain real skills and confidence. They see that the tech world is not out of reach—it’s theirs to step into.” – Staff

"Digital Futures gave me skills and confidence I didn't know I had. I'm now applying for apprenticeships I thought were impossible." – K.L., 18

Before Smart Cents, I didn't know how to manage my money. Now I budget, save, and plan for my future. I finally feel in control." – R.H., 22

“I never imagined I could learn coding or design. Digital Futures showed me I can create, problem-solve, and even dream bigger than before.” – Participant, 17

“David had given up on thinking he could ever work in tech. Digital Futures helped him earn a Microsoft certificate and a placement. He now believes in his own potential.” – Program Mentor

IN THE WORDS OF OUR FUNDERS...

JANA - INFRASTRUCTURE AND
DEVELOPMENT OFFICER AT
VOICE4CHANGE-ENGLAND

“It has been a privilege for V4CE to support the Happy and Healthy Trust (HHT) on its impactful journey. Our relationship began during the pandemic when we first provided funding, and we were delighted to work with them again when they secured a subsequent grant from us.

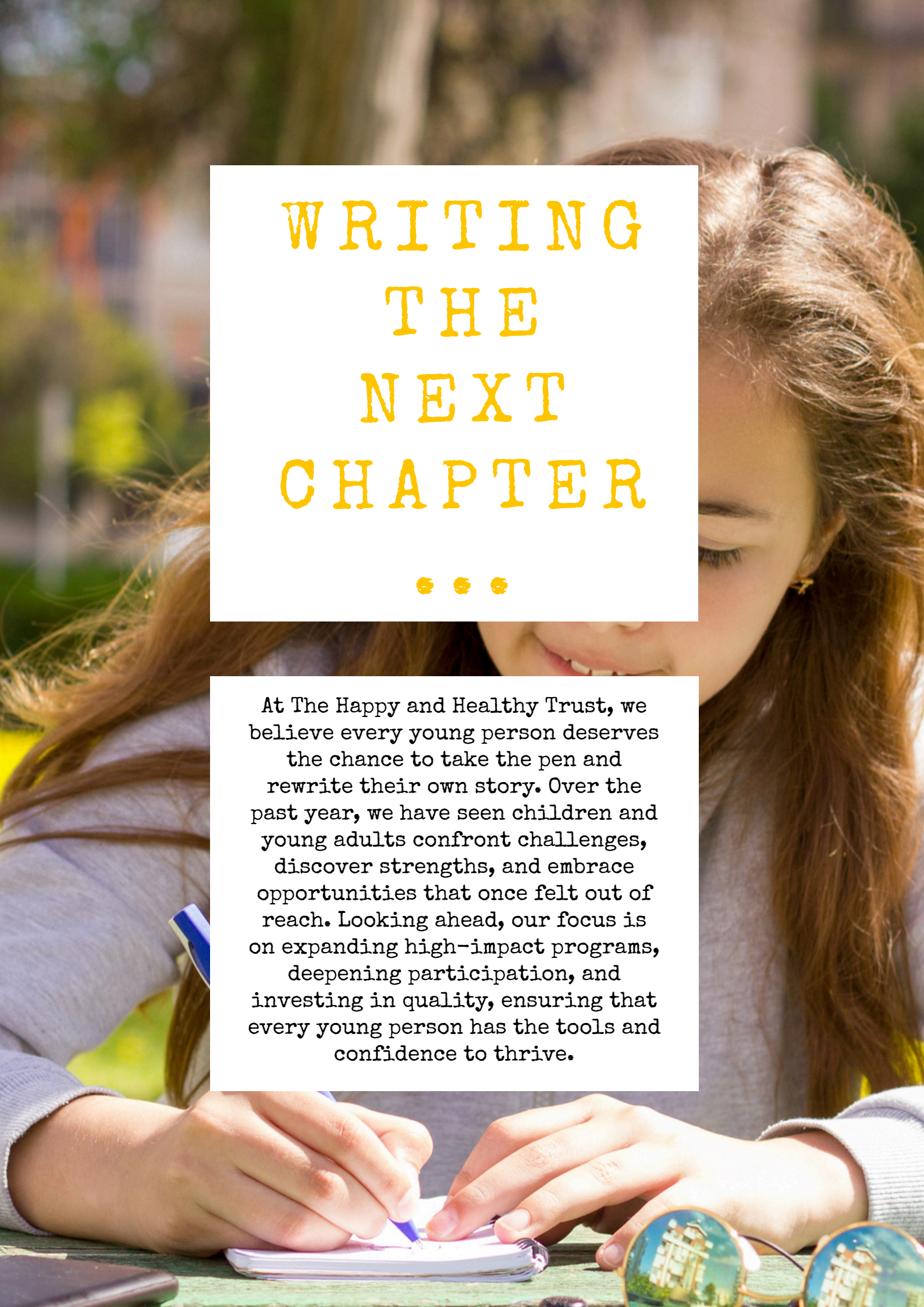
ADELE BUSSE
HEAD OF GRANTS - JEWISH
CHILD'S DAY

Throughout my time as their Grants Officer, I have developed a deeply respectful and supportive relationship with the HHT team. Their dedication to their mission is truly inspiring.

“It was wonderful to see all the girls enjoying a healthy breakfast together, chatting, smiling and starting their day positively. The session was full of warmth, with activities about the importance of hydration and being kind to others. Many of the girls come from homes where breakfast isn't always possible, and it was inspiring to see the difference this club makes in giving them a nourishing and supportive start to the day.”

As an infrastructure organization, V4CE values being a trusted partner for grassroots organizations. We were thrilled to learn that HHT's vital work has been recognized with significant funding from another major funder, enabling them to continue benefiting children and families in North London who need it most. The Happy and Healthy Trust is a testament to the power of community-led initiatives, and we are proud to have played a part in their story.”





WRITING THE NEXT CHAPTER



At The Happy and Healthy Trust, we believe every young person deserves the chance to take the pen and rewrite their own story. Over the past year, we have seen children and young adults confront challenges, discover strengths, and embrace opportunities that once felt out of reach. Looking ahead, our focus is on expanding high-impact programs, deepening participation, and investing in quality, ensuring that every young person has the tools and confidence to thrive.

THE NEXT CHAPTER...

DIGITAL FUTURES EXPANSION

Digital Futures has become one of our most impactful programs, empowering 98 young people with essential digital, problem-solving, and employability skills. In the coming year, we plan to expand participation to 150 young people and broaden the certifications and experiences on offer. This includes:

- Advanced MOS Certifications in Excel and PowerPoint
- Coding & Digital Design Badges, accredited through recognised platforms
- Additional Employability Certificates, such as Project Management Basics and Professional Communication
- Expanded workshops and real-world work placements, connecting young people directly with local employers and projects

Digital Futures equips young people with the practical skills, confidence, and mentorship needed to navigate the job market successfully. Participants leave the program ready to take control of their professional journey and continue to rewrite their stories beyond the classroom.

HUNGER NO LONGER - DAILY BREAKFAST EXPANSION

Hunger No Longer currently supports 90 children and young people, providing a nutritious breakfast in a welcoming, supportive environment. The program gives participants energy, focus, and emotional support to start each day positively.

Over the next year, we plan to double participation to 180 children, responding to rising demand. Expansion will include structured mentoring alongside breakfast provision, pathways into other programs such as GearUp!, Little Legends, and Digital Futures, and enhanced family engagement through workshops and wellbeing sessions. By combining nutrition with mentoring and peer support, Hunger No Longer ensures children develop confidence, resilience, and the focus to fully engage in school and life.



THE NEXT CHAPTER...

INVESTING IN ORGANISATIONAL EXCELLENCE - LONDON YOUTH QUALITY MARK

After more than six years of delivering consistently high-quality programs, The Happy and Healthy Trust is pursuing the London Youth Quality Mark. This accreditation recognises excellence in youth provision, effective governance, and a commitment to continuous improvement.

Securing this quality mark will allow us to:

Review and strengthen all programs to ensure the highest standards

Assess charity governance, policies, and operational systems for transparency and compliance

Demonstrate our commitment to excellence to funders, partners, and families

Embed continuous improvement across all initiatives

Achieving this accreditation represents a strategic investment in the sustainability, credibility, and long-term impact of the Trust.

After years of strong results, it is the right time to formally validate the quality of our provision, celebrate achievements, and ensure that every young person accessing our programs benefits from the very best support.



BECAUSE OF YOU, THEIR STORIES ARE CHANGING...

Every session, every meal, every opportunity exists because of you. Your belief and support are helping young people write their own stories and reach for their dreams—thank you for being a part of their journey.



THE TOTTENHAM GRAMMAR



Business Services



We're also proud to share that The Happy and Healthy Trust was selected as this year's In Kind Direct Spotlight Competition Winner, recognising our commitment to empowering young people and the tangible impact of our work in the community.

THE HAPPY AND HEALTHY TRUST

TRUSTEES' REPORT

FOR THE PERIOD ENDED 31 JANUARY 2025

The trustees present their annual report and financial statements for the period ended 31 January 2025.

The financial statements have been prepared in accordance with the accounting policies set out in note 1 to the financial statements and comply with the charity's Trust Deed, the Charities Act 2011 and "Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)" (effective 1 January 2019).

Objectives and activities

The charity's objects are:

- 1) The relief of financial hardship, either generally or individually of people, by making grants of money for providing or paying for items services or facilities.
- 2) To act as a resource for young people by providing advice and assistance and organising programmes of physical, educational and other activities as a means of advancing in life and helping young people by developing their skills, capacities and capabilities to enable them to participate in society as independent, mature and responsible individuals;
- 3) to promote any other exclusively charitable objects and purposes as the trustees see fit, provided that they are regarded as charitable by the law of England and Wales.

Public benefit

The trustees have paid due regard to guidance issued by the Charity Commission in deciding what activities the charity should undertake.

Achievements and performance

Significant activities and achievements against objectives

During the year the charity received donations totalling £ 375,719 (2023: 326,892) and expenditure on charitable activities aggregated £336,691 (2023: £301,186).

Financial review

The financial results for the period to 31 January 2025 are fully reflected in the attached Financial Statements and the Notes thereon.

As at 31 January 2025, the charity had Unrestricted Funds of £120,929 (2023: 62,706).

Reserves policy

The trustees aim to hold free reserves of at least 3 months (and no more than 12 months) operating costs in order to protect services and to ensure adequate cashflow for the organisation's need.

Structure, governance and management

The Happy and Healthy Trust is a registered charity governed by its Deed of Trust dated 26 December 2018.

The trustees who served during the year and up to the date of signature of the financial statements were:

M Y Monderer
B Merlin
C M Muller

Recruitment and appointment of trustees

New trustees are appointed based on personal competence, availability and knowledge and familiarity with the community which the charity serves. New trustees are inducted into the workings of the charity by the existing trustees.

None of the trustees has any beneficial interest in the company.



**THE HAPPY AND HEALTHY TRUST
TRUSTEES' REPORT (CONTINUED)
FOR THE PERIOD ENDED 31 JANUARY 2025**

Organisational structure

The trustees administer the day-to-day affairs of the charity.

The trustees' report was approved by the Board of Trustees.



C M Muller
Trustee

27 November 2025



THE HAPPY AND HEALTHY TRUST
STATEMENT OF TRUSTEES' RESPONSIBILITIES
FOR THE PERIOD ENDED 31 JANUARY 2025

The trustees are responsible for preparing the Trustees' Report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice). The law applicable to charities in England and Wales requires the trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charity and of the incoming resources and application of resources of the charity for that year. In preparing these financial statements, the trustees are required to: - select suitable accounting policies and then apply them consistently; - observe the methods and principles in the Charities SORP; - make judgements and estimates that are reasonable and prudent; - state whether applicable accounting standards have been followed, subject to any material departures disclosed and explained in the financial statements; and - prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in operation. The trustees are responsible for keeping sufficient accounting records that disclose with reasonable accuracy at any time the financial position of the charity and enable them to ensure that the financial statements comply with the Charities Act 2011, the Charity (Accounts and Reports) Regulations 2008 and the provisions of the trust deed. They are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.



THE HAPPY AND HEALTHY TRUST

INDEPENDENT EXAMINER'S REPORT

TO THE TRUSTEES OF THE HAPPY AND HEALTHY TRUST

I report to the trustees on my examination of the financial statements of The Happy and Healthy Trust (the charity) for the period ended 31 January 2025.

Responsibilities and basis of report

As the trustees of the charity you are responsible for the preparation of the financial statements in accordance with the requirements of the Charities Act 2011 (the 2011 Act).

I report in respect of my examination of the charity's financial statements carried out under section 145 of the 2011 Act. In carrying out my examination I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act.

Independent examiner's statement

Since the charity's gross income exceeded £250,000 your examiner must be a member of a body listed in section 145 of the 2011 Act. I confirm that I am qualified to undertake the examination because I am a member of the Institute of Chartered Accountants in England and Wales, which is one of the listed bodies.

Your attention is drawn to the fact that the charity has prepared financial statements in accordance with Accounting and Reporting by Charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) in preference to the Accounting and Reporting by Charities: Statement of Recommended Practice issued on 1 April 2005 which is referred to in the extant regulations but has now been withdrawn.

I understand that this has been done in order for financial statements to provide a true and fair view in accordance with Generally Accepted Accounting Practice effective for reporting periods beginning on or after 1 January 2015.

I have completed my examination. I confirm that no 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 charity as required by section 130 of the 2011 Act; or
- 2 the financial statements do not accord with those records; or
- 3 the financial statements do not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a true and fair view which is not a matter considered as part of an independent examination.

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 financial statements to be reached.



Pini Shebson ACA

CHS Accountants Limited
Lower Ground Floor,
13 High Road
London N15 6LT

Dated: 27 November 2025



THE HAPPY AND HEALTHY TRUST
STATEMENT OF FINANCIAL ACTIVITIES
INCLUDING INCOME AND EXPENDITURE ACCOUNT
FOR THE PERIOD ENDED 31 JANUARY 2025

		Unrestricted funds 2025 £	Restricted funds 2025 £	Total 2025 £	Unrestricted funds 2023 £	Restricted funds 2023 £	Total 2023 £
Notes							
Income and endowments from:							
Donations and legacies	3	287,763	87,956	375,719	259,500	67,326	326,826
Other income	4	-	-	-	66	-	66
Total income		287,763	87,956	375,719	259,566	67,326	326,892
Expenditure on:							
Charitable activities	5	229,540	107,151	336,691	230,231	70,955	301,186
Total expenditure		229,540	107,151	336,691	230,231	70,955	301,186
Net income/(expenditure) and movement in funds							
		58,223	(19,195)	39,028	29,335	(3,629)	25,706
Reconciliation of funds:							
Fund balances at 1 January 2024		62,706	19,195	81,901	33,371	22,824	56,195
Fund balances at 31 January 2025		120,929	-	120,929	62,706	19,195	81,901

The statement of financial activities includes all gains and losses recognised in the year. All income and expenditure derive from continuing activities.



THE HAPPY AND HEALTHY TRUST
STATEMENT OF FINANCIAL POSITION
AS AT 31 JANUARY 2025

	Notes	2025		2023	
		£	£	£	£
Fixed assets					
Property, plant and equipment	11		15,467		19,063
Current assets					
Other debtors	12	113,760		46,432	
Cash at bank and in hand		5,983		29,287	
		<u>119,743</u>		<u>75,719</u>	
Current liabilities	13	<u>(14,281)</u>		<u>(12,881)</u>	
Net current assets			105,462		62,838
Total assets less current liabilities			<u>120,929</u>		<u>81,901</u>
The funds of the charity					
Restricted income funds	14		-		19,195
Unrestricted funds	15		120,929		62,706
			<u>120,929</u>		<u>81,901</u>

The financial statements were approved by the trustees on 27 November 2025

C.M. Muller

C M Muller
Trustee



THE HAPPY AND HEALTHY TRUST

NOTES TO THE FINANCIAL STATEMENTS

FOR THE PERIOD ENDED 31 JANUARY 2025

1 Accounting policies

Charity information

The Happy and Healthy Trust is a registered charity governed by its Deed of Trust dated 26 December 2018.

1.1 Accounting convention

The financial statements have been prepared in accordance with the charity's Trust Deed, the Charities Act 2011, FRS 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland" ("FRS 102") and the Charities SORP "Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)" (effective 1 January 2019). The charity is a Public Benefit Entity as defined by FRS 102.

The charity has taken advantage of the provisions in the SORP for charities not to prepare a Statement of Cash Flows.

The financial statements have departed from the Charities (Accounts and Reports) Regulations 2008 only to the extent required to provide a true and fair view. This departure has involved following the Statement of Recommended Practice for charities applying FRS 102 rather than the version of the Statement of Recommended Practice which is referred to in the Regulations but which has since been withdrawn.

The financial statements are prepared in sterling, which is the functional currency of the charity. Monetary amounts in these financial statements are rounded to the nearest £.

The financial statements have been prepared under the historical cost convention, [modified to include the revaluation of freehold properties and to include investment properties and certain financial instruments at fair value]. The principal accounting policies adopted are set out below.

1.2 Going concern

At the time of approving the financial statements, the trustees have a reasonable expectation that the charity has adequate resources to continue in operational existence for the foreseeable future. Thus the trustees continue to adopt the going concern basis of accounting in preparing the financial statements.

1.3 Charitable funds

Unrestricted funds are available for use at the discretion of the trustees in furtherance of their charitable objectives.

Restricted funds are subject to specific conditions by donors or grantors as to how they may be used. The purposes and uses of the restricted funds are set out in the notes to the financial statements.

Endowment funds are subject to specific conditions by donors that the capital must be maintained by the charity.

1.4 Income

Income is recognised when the charity is legally entitled to it after any performance conditions have been met, the amounts can be measured reliably, and it is probable that income will be received.

Cash donations are recognised on receipt. Other donations are recognised once the charity has been notified of the donation, unless performance conditions require deferral of the amount. Income tax recoverable in relation to donations received under Gift Aid or deeds of covenant is recognised at the time of the donation.

Legacies are recognised on receipt or otherwise if the charity has been notified of an impending distribution, the amount is known, and receipt is expected. If the amount is not known, the legacy is treated as a contingent asset.



THE HAPPY AND HEALTHY TRUST

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE PERIOD ENDED 31 JANUARY 2025

1 Accounting policies

(Continued)

1.5 Expenditure

Expenditure is recognised once there is a legal or constructive obligation to transfer economic benefit to a third party, it is probable that a transfer of economic benefits will be required in settlement, and the amount of the obligation can be measured reliably. Expenditure is classified by activity. The costs of each activity are made up of the total of direct costs and shared costs, including support costs involved in undertaking each activity. Direct costs attributable to a single activity are allocated directly to that activity. Shared costs which contribute to more than one activity and support costs which are not attributable to a single activity are apportioned between those activities on a basis consistent with the use of resources. Central staff costs are allocated on the basis of time spent, and depreciation charges are allocated on the portion of the asset's use.

1.6 Property, plant and equipment

Property, plant and equipment are initially measured at cost and subsequently measured at cost or valuation, net of depreciation and any impairment losses.

Depreciation is recognised so as to write off the cost or valuation of assets less their residual values over their useful lives on the following bases:

Fixtures and fittings	15% Reducing Balance
Computers	33% Reducing Balance

The gain or loss arising on the disposal of an asset is determined as the difference between the sale proceeds and the carrying value of the asset, and is recognised in the statement of financial activities.

1.7 Impairment of non-current assets

At each reporting end date, the charity reviews the carrying amounts of its tangible assets to determine whether there is any indication that those assets have suffered an impairment loss. If any such indication exists, the recoverable amount of the asset is estimated in order to determine the extent of the impairment loss (if any).

1.8 Cash and cash equivalents

Cash and cash equivalents include cash in hand, deposits held at call with banks, other short-term liquid investments with original maturities of three months or less, and bank overdrafts. Bank overdrafts are shown within borrowings in current liabilities.

1.9 Financial instruments

The charity has elected to apply the provisions of Section 11 'Basic Financial Instruments' and Section 12 'Other Financial Instruments Issues' of FRS 102 to all of its financial instruments. Financial instruments are recognised in the charity's balance sheet when the charity becomes party to the contractual provisions of the instrument. Financial assets and liabilities are offset, with the net amounts presented in the financial statements, when there is a legally enforceable right to set off the recognised amounts and there is an intention to settle on a net basis or to realise the asset and settle the liability simultaneously.

Basic financial assets

Basic financial assets, which include trade and other receivables and cash and bank balances, are initially measured at transaction price including transaction costs and are subsequently carried at amortised cost using the effective interest method unless the arrangement constitutes a financing transaction, where the transaction is measured at the present value of the future receipts discounted at a market rate of interest. Financial assets classified as receivable within one year are not amortised.



THE HAPPY AND HEALTHY TRUST
NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)
FOR THE PERIOD ENDED 31 JANUARY 2025

1 Accounting policies

(Continued)

Basic financial liabilities

Basic financial liabilities, including trade and other payables and bank loans are initially recognised at transaction price unless the arrangement constitutes a financing transaction, where the debt instrument is measured at the present value of the future payments discounted at a market rate of interest. Financial liabilities classified as payable within one year are not amortised. Trade payables are obligations to pay for goods or services that have been acquired in the ordinary course of operations from suppliers. Amounts payable are classified as current liabilities if payment is due within one year or less. If not, they are presented as non-current liabilities. Trade payables are recognised initially at transaction price and subsequently measured at amortised cost using the effective interest method.

1.10 Employee benefits

The cost of any unused holiday entitlement is recognised in the period in which the employee's services are received. Termination benefits are recognised immediately as an expense when the charity is demonstrably committed to terminate the employment of an employee or to provide termination benefits.

2 Critical accounting estimates and judgements

In the application of the charity's accounting policies, the trustees are required to make judgements, estimates and assumptions about the carrying amount of assets and liabilities that are not readily apparent from other sources. The estimates and associated assumptions are based on historical experience and other factors that are considered to be relevant. Actual results may differ from these estimates.

The estimates and underlying assumptions are reviewed on an ongoing basis. Revisions to accounting estimates are recognised in the period in which the estimate is revised where the revision affects only that period, or in the period of the revision and future periods where the revision affects both current and future periods.

3 Income from donations and legacies

	Unrestricted funds 2025 £	Restricted funds 2025 £	Total 2025 £	Unrestricted funds 2023 £	Restricted funds 2023 £	Total 2023 £
Donations and gifts	287,763	87,956	375,719	259,500	67,326	326,826

The breakdown of donations and grants received is shown below:

Community Organisation Cost of Living Fund	£72,310
The London Community Foundation	£30,000
The National Lottery	£36,647
The National Lottery Community Fund	£26,538
Postcode Society Trust	£21,225
Greater London Authority	£12,735
Shell International Limited	£10,000
Other grants and donations	£166,264
Total	£375,719

THE HAPPY AND HEALTHY TRUST
NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)
FOR THE PERIOD ENDED 31 JANUARY 2025

4 Other income

Unrestricted funds
2025
£

Unrestricted funds
2023
£

Other income - 66

5 Expenditure on charitable activities

Total
2025
£

Total
2023
£

Direct costs

Breakfast club and meals programme	-	168,630
Holiday food and support	-	7,173
Cycling, swimming and children's yoga	-	67,440
Digital futures	-	24,301
In kind support	57,489	15,576
Physical activity	76,498	-
Health & wellbeing	101,086	-
Life skills and employability	95,622	-
	<u>330,695</u>	<u>283,120</u>

Share of support and governance costs (see note 6)

Support	3,596	4,657
Governance	2,400	13,409
	<u>336,691</u>	<u>301,186</u>

Analysis by fund

Unrestricted funds	229,540	230,231
Restricted funds	107,151	70,955
	<u>336,691</u>	<u>301,186</u>

6 Support costs allocated to activities

2025
£

2023
£

Depreciation	3,596	4,657
Governance costs	2,400	13,409
	<u>5,996</u>	<u>18,066</u>

Analysed between:

Charitable activities	<u>5,996</u>	<u>18,066</u>
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THE HAPPY AND HEALTHY TRUST
NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)
FOR THE PERIOD ENDED 31 JANUARY 2025

6 Support costs allocated to activities

(Continued)

	2025	2023
	£	£
Governance costs comprise:		
Independent examiner fees	2,400	1,500
Governance costs	-	11,909
	<u>2,400</u>	<u>13,409</u>

7 Net movement in funds

2025
£

2023
£

The net movement in funds is stated after charging/(crediting):

Fees payable for the independent examination of the charity's financial statements	2,400	1,500
Depreciation of owned property, plant and equipment	3,596	4,657
	<u>2,400</u>	<u>4,657</u>

8 Trustees

None of the trustees (or any persons connected with them) received any remuneration or benefits from the charity during the year.

9 Employees

The average monthly number of employees during the year was:

	2025	2023
	Number	Number
Total	-	-
	<u>-</u>	<u>-</u>

There were no employees whose annual remuneration was more than £60,000.

10 Taxation

The charity is exempt from taxation on its activities because all its income is applied for charitable purposes.



THE HAPPY AND HEALTHY TRUST
NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)
FOR THE PERIOD ENDED 31 JANUARY 2025

11 Property, plant and equipment

	Fixtures and fittings £	Computers £	Total £
Cost			
At 1 January 2024	28,985	6,106	35,091
At 31 January 2025	28,985	6,106	35,091
Depreciation and impairment			
At 1 January 2024 Depreciation charged in the year	14,013 2,246	2,015 1,350	16,028 3,596
At 31 January 2025	16,259	3,365	19,624
Carrying amount			
At 31 January 2025	12,726	2,741	15,467
At 31 December 2023	14,972	4,091	19,063

12 Trade and other receivables

	2025 £	2023 £
Amounts falling due within one year:		
Other debtors	113,760	46,432

13 Current liabilities

	2025 £	2023 £
Other creditors	8,881	9,881
Accruals and deferred income	5,400	3,000
	14,281	12,881

14 Restricted funds

The restricted funds of the charity comprise the unexpended balances of donations and grants held on trust subject to specific conditions by donors as to how they may be used.

At 1 January 2024 £	Incoming resources £	Resources At 31 January expended 2025 £ £	
19,195	87,956	(107,151)	-



THE HAPPY AND HEALTHY TRUST
NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)
FOR THE PERIOD ENDED 31 JANUARY 2025

14 Restricted funds

(Continued)

Previous year:	At 1 January 2023	Incoming resources	Resources expended	At 31 December 2023
	£	£	£	£
	22,824	67,326	(70,955)	19,195
	<u> </u>	<u> </u>	<u> </u>	<u> </u>

15 Unrestricted funds

The unrestricted funds of the charity comprise the unexpended balances of donations and grants which are not subject to specific conditions by donors and grantors as to how they may be used. These include designated funds which have been set aside out of unrestricted funds by the trustees for specific purposes.

	At 1 January 2024	Incoming resources	Resources expended	At 31 January 2025
	£	£	£	£
General funds	62,706	287,763	(229,540)	120,929
	<u> </u>	<u> </u>	<u> </u>	<u> </u>

Previous year:	At 1 January 2023	Incoming resources	Resources expended	At 31 December 2023
	£	£	£	£
General funds	33,371	259,566	(230,231)	62,706
	<u> </u>	<u> </u>	<u> </u>	<u> </u>

16 Analysis of net assets between funds

	Unrestricted funds 2025	Restricted funds 2025	Total 2025
	£	£	£
At 31 January 2025:			
Property, plant and equipment	15,467	-	15,467
Current assets/(liabilities)	105,462	-	105,462
	<u> </u>	<u> </u>	<u> </u>
	120,929	-	120,929
	<u> </u>	<u> </u>	<u> </u>

	Unrestricted funds 2023	Restricted funds 2023	Total 2023
	£	£	£
At 31 December 2023:			
Property, plant and equipment	19,063	-	19,063
Current assets/(liabilities)	43,643	19,195	62,838
	<u> </u>	<u> </u>	<u> </u>
	62,706	19,195	81,901
	<u> </u>	<u> </u>	<u> </u>



THE HAPPY AND HEALTHY TRUST
NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)
FOR THE PERIOD ENDED 31 JANUARY 2025

17 Related party transactions

There were no disclosable related party transactions during the year (2023 - none).



THE HAPPY AND HEALTHY TRUST
LEGAL AND ADMINISTRATIVE INFORMATION

Trustees

M Y Monderer
B Merlin C M
Muller

Charity number

1182927

Independent examiner

CHS Accountants

Limited
Lower Ground Floor,
13 High Road
London N15 6LT



THE HAPPY AND HEALTHY TRUST

England & Wales - Charity number 1182927

Accounts



GET ON YOUR FEET

**Annual Accounts
and Report**

The Happy and Healthy
Trust

DECEMBER 2023

"Get on Your Feet" captures the essence of growth, resilience, and readiness to step confidently into the future. This theme reflects our steadfast commitment to empowering young people to rise beyond limitations, equipping them with the tools they need to shape their own success.



Trustee Message: "As a trustee of The Happy and Healthy Trust, I am delighted to present our annual report, 'Get on Your Feet.' Over the past year, we have been inspired by witnessing young people break boundaries, step up, and embrace their journeys with confidence. Our programs are designed to help them stand tall, overcome challenges, and move forward with resilience and optimism. This year, we are incredibly grateful to our donors, volunteers, and community partners whose ongoing support has been instrumental. Through your dedication, you've helped make it possible for countless young people to stand on their own two feet and pursue their dreams. Together, we are breaking down barriers and building a community where every child is encouraged to step forward and achieve their full potential.

Join us in supporting young people as they step confidently into their futures. Let's keep the momentum going, and together, create a world where every child is free to succeed, step up, and leave their mark. Thank you for being an essential part of The Happy and Healthy Trust, where each young person's journey is celebrated."

Mrs Birah Merlin

MESSAGE

FROM

OUR

TRUSTEES





OUR MISSION

The Happy and Healthy Trust exists to empower and uplift young people, enabling them to get on their feet and succeed. By promoting wellbeing, providing essential resources, and creating supportive networks, we ensure no one is left behind.

OUR VISION

We envision a world where every young person is equipped to stand tall, pursue their aspirations, and live with resilience. Our work transcends traditional boundaries, creating communities that champion each young person's right to happiness, health, and success.

OUR GOALS



01 ENHANCING PHYSICAL HEALTH

Promoting active lifestyles to build resilience.

02 ENSURING EQUAL ACCESS

Creating a world where essential resources are accessible to all.



03 FOSTERING COMMUNITY

Cultivating a supportive environment that empowers young people.

04 EMPOWERING LIFE SKILLS



Equipping youth with the skills to thrive on their terms, both personally and professionally.

PAST AND ONGOING PROJECTS

Each initiative spotlights our commitment to empowering young people to "Get on Your Feet." Through carefully crafted and impactful programs, we strive to uplift, support, and inspire young people as they face challenges, grow in resilience, and unlock their full potential.

CYCLING STRONGER

Weekly sessions designed for ages 7–15, this program promotes physical health while fostering resilience, teamwork, and determination. As participants tackle increasingly challenging cycling routes, they build confidence, overcome fears, and strengthen their perseverance. Cycling Stronger is more than just exercise; it teaches young people how to approach life's challenges with courage and determination, equipping them with the physical and mental resilience needed to excel.

TOAST TOGETHER

This daily breakfast initiative goes beyond just providing nourishment. Held in a warm and welcoming communal setting, Toast Together allows young people to start their day with a meal, surrounded by friends and mentors who provide emotional support. This program fosters a strong sense of community, reduces feelings of isolation, and ensures that each participant begins their day ready to learn, grow, and tackle the challenges ahead with a clear mind and full heart.

DINNER DREAMS

An essential holiday support initiative, Dinner Dreams ensures that no child or young person in our community goes to bed hungry. During school holidays, when access to regular meals may be limited, we provide nourishing, home-cooked meals and meal packages for young families. This program offers comfort, stability, and reassurance to families in need, reinforcing our commitment to supporting them every step of the way. Through Dinner Dreams, we alleviate food insecurity and create an atmosphere of warmth and security.

PAST AND ONGOING PROJECTS CONTINUED

DIGITAL FUTURES

Focused on life and work-readiness skills, Digital Futures provides young people and young adults with the digital literacy, problem-solving abilities, and work readiness needed to succeed in today's world. With sessions covering topics like coding, digital design, resume-building, and interview skills, this program inspires participants to think creatively, dream big, and pursue entrepreneurial ambitions. Through hands-on workshops and real-world placements, Digital Futures empowers young people to envision and create brighter futures, equipped with the skills they need to thrive professionally and personally.

BUSHCRAFTING CAMP

The Bushcrafting Camp was an exhilarating outdoor program designed for young people aged 10-16, providing them with an unforgettable opportunity to explore the natural world. Participants engaged in hands-on activities that taught essential survival and wilderness skills, fostering self-reliance and a deeper appreciation for the environment. Through challenges such as shelter building, fire-making, and foraging, campers developed resilience and confidence as they learned to navigate the great outdoors. This program not only instilled a sense of adventure but also empowered young hearts to embrace nature and discover their inner strength, leaving them with lasting memories and valuable skills that will serve them for a lifetime.



IMPACT IN NUMBERS

10,080

Dinner Dreams
Holiday Meals

228

Cycling stronger
sessions

500+

Hours of
volunteer
service

Volunteers

24

Digital
Futures
Sessions

190

toast
together
participants

96

Safeguarding
training
sessions

4



OUR CHARITY IN ACTION



FUTURE PLANS

As we look to the future, we're thrilled to announce new initiatives and expansions, each rooted in our dedication to empowering young people to "Get on Your Feet." These plans aim to deepen our impact, broaden our reach, and offer more robust support for youth and their families.

COCOA CHATS

This upcoming three-year program, pending funding, is designed as a nurturing parent-child breakfast initiative with engaging bonding activities. Through shared breakfasts and interactive sessions, Cocoa Chats aims to strengthen family bonds, foster communication, and create lasting connections. We envision this as a supportive space where families can come together, build resilience, and start each day stronger and more connected.



CYCLING STRONGER EXPANSION

Building on the success of our current program, we aim to expand Cycling Stronger to reach more young people, enhancing the curriculum to include advanced cycling skills, road safety, and leadership training. By broadening access and introducing new elements, we hope to empower even more youth with the confidence, health benefits, and personal resilience that cycling brings.



CULINARY CONNECTIONS

Our exciting new initiative, Culinary Connections, aims to engage young people in the art of cooking and baking, fostering creativity and essential life skills. Designed for ages 12-18, this program will feature weekly workshops led by experienced chefs and nutritionists, where participants will learn a variety of cooking techniques, explore diverse cuisines, and understand the importance of healthy eating. Each session will not only focus on culinary skills but also emphasise teamwork, communication, and cultural appreciation through food. The program will culminate in a community potluck event, allowing participants to showcase their creations, strengthen bonds, and share their culinary journey, while building confidence and self-esteem along the way.

These new initiatives represent our ongoing commitment to innovation, community, and support, as we help young people—and their families—step confidently into a brighter future.

FROM THE HEARTS OF THOSE WE'VE HELPED...

“Cycling has transformed my life. Each ride challenges me, but with every pedal, I learn to trust my strength and face my fears. Now, I approach every challenge with the confidence that I can overcome anything.” – A.S.

“Toast Together is like a warm hug in the morning. It's more than just a meal; it's a place where I feel supported and valued. Starting my day with friends and mentors makes all the difference—I know I can tackle whatever comes my way.” – M.T.

“During the holidays, Dinner Dreams is a lifeline for my family. Knowing that we can rely on nourishing meals gives us peace and comfort. It's not just about food; it's about feeling cared for and supported during tough times.” – J.W.

“Digital Futures opened up a world of possibilities for me. I never thought I could learn coding or build a resume, but now I feel ready to take on the job market. I'm excited about my future and the opportunities ahead!” – K.L.

“The Bushcrafting camp was a revelation for me. I stepped outside my comfort zone and learned to thrive in nature. This experience taught me resilience and self-reliance, empowering me to face challenges head-on and appreciate the beauty of the world around me.” – T.R.

“The Happy and Healthy Trust is more than just a program; it's a family that celebrates individuality. I've been inspired to pursue my passions and help others find their path. This journey has instilled in me the belief that we can all create our own success stories.” J.T

THE HAPPY AND HEALTHY TRUST
Trustees' Annual Report
Year ended 31 December 2023

The trustees present their report and the unaudited financial statements of the charity for the period ending 31 December 2023.

STRUCTURE, GOVERNANCE AND MANAGEMENT

The charity is governed by a Declaration of Trust.

The power to appoint new trustees is vested in the current board. It is not the intention of the trustees of the charity to appoint any new trustees. Should the situation change in the future, the trustees will apply suitable recruitment induction and training procedures. The trustees administer the day to day running of the charity.

The trustees confirm that there are no major risks to which the charity is exposed.

Financial Review

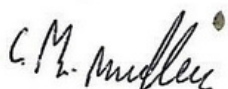
Total incoming resources were £326,892. Total resources expended were £301,186.

The financial results of the charity's activities for the year to 31 December 2023 are fully reflected in the attached Financial Statements together with the Notes thereon.

Reserve policy

The trustees aim to hold free reserves of at least 3 months (and no more than 12 months) operating costs in order to protect services and to ensure adequate cashflow for the organisation's need. As of 31 December 2023, the organisation held reserves of £81,901.

The trustees' annual report and the strategic report were approved on 30 October 2024 and signed on behalf of the board of trustees by:



Mr C M Muller
Trustee

THE HAPPY AND HEALTHY TRUST
Independent examiner's report to the trustees on the unaudited financial statements Year ended 31 December 2023

Independent examiner's report to the trustees of The Happy and Healthy Trust ('the charity')

I report to the charity trustees on my examination of the financial statements of the charity for the period ending 31 December 2023.

Responsibilities and basis of report

As the charity's trustees you are responsible for the preparation of the financial statements in accordance with the requirements of the Charities Act 2011 ('the Act').

I report in respect of my examination of your charity's financial statements as carried out under section 145 of the 2011 Act. In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5) (b) of the Act.

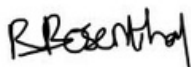
Independent examiner's statement

I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe:

1. accounting records were not kept in respect of the charity as required by section 130 of the Act;
or
2. the financial statements do not accord with those records; or
3. the financial statements do not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a 'true and fair' view which is not a matter considered as part of an independent examination.

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 financial statements to be reached.

Ruth Rosenthal FCCA



Stone & Co. Services Ltd
3 Norfolk Avenue
London
N15 6JX

30 October 2024

THE HAPPY AND HEALTHY TRUST
Statement of Financial Activities
Year ended 31 December 2023

		2023		2022	
	Unrestricted funds	Restricted funds	Total funds	Total funds	
Note	£		£	£	
INCOME AND ENDOWMENTS					
Donations and grants	4,5	259,500	67,326	326,826	217,761
Total income		<u>259,500</u>	<u>67,326</u>	<u>326,826</u>	<u>217,761</u>
EXPENDITURE					
Expenditure on charitable activities	6,7	(230,231)	(70,955)	(301,186)	(179,459)
Total expenditure		<u>(230,231)</u>	<u>(70,955)</u>	<u>(301,186)</u>	<u>(179,459)</u>
NET INCOME/(EXPENDITURE)		<u>29,269</u>	<u>- 3,629</u>	<u>25,640</u>	<u>38302</u>
OTHER INCOME		66		66	11
PROFIT FOR THE YEAR		<u>29,335</u>	<u>- 3,629</u>	<u>25,706</u>	<u>38,313</u>
RECONCILIATION OF FUNDS					
Total funds brought forward		<u>56,194</u>	<u>-</u>	<u>56,194</u>	<u>17,881</u>
TOTAL FUNDS CARRIED FORWARD		<u>85,529</u>	<u>- 3,629</u>	<u>81,900</u>	<u>56,194</u>

CONTINUING OPERATIONS

All income and expenditure has arisen from continuing activities.

THE HAPPY AND HEALTHY TRUST
Statement of Financial Position
Year ended 31 December 2023

	Notes	2023 £	2022 £
FIXED ASSETS			
Tangible fixed assets	9	19,063	16,804
CURRENT ASSETS			
Debtors	10	46,432	10,370
Cash at bank		<u>29,287</u>	<u>40,402</u>
		75,719	50,772
CREDITORS			
Amounts falling due within one year	11	<u>(12,881)</u>	<u>(11,381)</u>
NET CURRENT ASSETS		<u>62,838</u>	<u>39,391</u>
TOTAL ASSETS LESS CURRENT LIABILITIES		<u>81,901</u>	<u>56,195</u>
NET ASSETS		<u><u>81,901</u></u>	<u><u>56,195</u></u>
FUNDS			
General funds		62,706	33,371
Designated funds		<u>19,195</u>	<u>22,824</u>
TOTAL FUNDS		<u><u>81,901</u></u>	<u><u>56,195</u></u>

The financial statements were approved by the Board of Trustees on 30 October 2024 and were signed on its behalf by:

Mr C M Muller

Notes to the financial statements

Year ended 31 December 2023

1 GENERAL INFORMATION

The charity is a public benefit entity and a registered charity in England and Wales and is unincorporated. The address of the principal office is 121 Clapton Common, London, E5 9AB.

2 STATEMENT OF COMPLIANCE

These financial statements have been prepared in compliance with FRS 102, 'The Financial Reporting Standard applicable in the UK and the Republic of Ireland', the Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (Charities SORP (FRS 102)) and the Companies Act 2006.

3 ACCOUNTING POLICIES

Basis of preparation

The financial statements have been prepared on the historical cost basis.

The financial statements are prepared in sterling, which is the functional currency of the entity.

Going concern

There are no material uncertainties about the charity's ability to continue.

Judgements and key sources of estimation uncertainty

The preparation of the financial statements requires management to make judgements, estimates and assumptions that affect the amounts reported. These estimates and judgements are continually reviewed and are based on experience and other factors, including expectations of future events that are believed to be reasonable under the circumstances.

The Trustees do not consider there are any critical judgements or sources of estimation uncertainty requiring disclosure beyond the accounting policies listed below.

Fund accounting

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

Restricted funds can only be used for particular restricted purposes within the objects of the charity.

Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes. Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

Taxation

The charity is exempt from tax on its charitable activities.

Incoming resources

All income is recognised in the Statement of Financial Activities once the charity has entitlement to the funds; it is probable that the economic benefits associated with the transaction will flow to the charity and the amount can be reliably measured. Income from donations or grants is recognised when there is evidence of entitlement to the gift, receipt is probable and its amount can be measured reliably.

THE HAPPY AND HEALTHY TRUST
Notes to the financial statements
Year ended 31 December 2023

3 ACCOUNTING POLICIES (continued)

Resources expended

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

Tangible fixed assets and depreciation

Tangible assets are included at cost less depreciation and impairment. Depreciation has been provided at the following rates in order to write off the assets over their estimated useful lives:

Fixtures & fittings	15% reducing balance
IT equipment	33% reducing balance

Financial instruments

Basic financial instruments are recognised at amortised cost, except for investments in non-convertible preference and non-puttable ordinary shares which are measured at fair value, with changes recognised in profit or loss. Derivative financial instruments are initially recorded at cost and thereafter at fair value with changes recognised in profit or loss.

4 DONATIONS AND GRANTS

	Unrestricted Funds	Restricted Funds	Total Funds 2023	Total funds 2022
	£	£	£	£
Donations received	241,064	-	241,064	117,162
Grants received	18,436	67,326	85,762	100,599
	<u>259,500</u>	<u>67,326</u>	<u>326,826</u>	<u>217,761</u>

5 DONATIONS AND GRANTS RECEIVED

The breakdown of the donations and grants received is shown below.

	£
The Cherry Family Foundation	15,000
Groundwork London	5,000
Greater London Authority	8,490
Hackney Giving	5,000
The London Community Foundation	9,996
The National Lottery Awards For All	10,000
Small Grants and Contributions	32,276
Fundraising dinner	28,564
Local fundraising and networking within the community	<u>212,500</u>
	<u>326,826</u>

THE HAPPY AND HEALTHY TRUST
Notes to the Financial Statements (continued)
Year ended 31 December 2023

6 EXPENDITURE ON CHARITABLE ACTIVITIES BY FUND TYPE

	Unrestricted Funds	Restricted Funds	Total Funds 2023	Total Funds 2022
	£	£	£	£
Breakfast club and meals programme	115,350	53,280	168,630	67,429
Holiday food and support	7,173	-	7,173	3,467
Cycling, swimming and children's yoga	49,765	17,675	67,440	70,819
Digital futures	24,301	-	24,301	
In kind support	15,576	-	15,576	17,735
Support costs	18,066	-	18,066	11,219
	<u>230,231</u>	<u>70,955</u>	<u>301,186</u>	<u>170,669</u>

7 EXPENDITURE ON CHARITABLE ACTIVITIES BY ACTIVITY TYPE

	Direct Costs	Support Costs	Total Funds 2023	Total Funds 2022
	£	£	£	£
Breakfast club and meals programme	168,630	-	168,630	67,429
Holiday food and support	7,173	-	7,173	3,467
Cycling, swimming and children's yoga	67,440	-	67,440	70,819
Digital futures	24,301	-	24,301	
Donations paid	15,576	-	15,576	26,525
Governance costs	-	18,066	18,066	11,219
	<u>283,120</u>	<u>18,066</u>	<u>301,186</u>	<u>179,459</u>

8 TRUSTEES' REMUNERATION AND BENEFITS

No salaries or wages have been paid to employees, including the trustees, during the year.

Trustees' expenses

The charity did not meet any individual expenses incurred by the trustees for services provided to the charity.

THE HAPPY AND HEALTHY TRUST
Notes to the Financial Statements (continued)
Year ended 31 December 2023

9 TANGIBLE FIXED ASSETS

	Fixtures and fittings	Total
Cost	£	£
At 1 January 2023	28,175	28,175
Additions	810	810
At 31 December 2023	<u>28,985</u>	<u>28,985</u>
Depreciation		
At 1 January 2023	11,371	11,371
Charge for the period	2,642	2,642
At 31 December 2023	<u>14,013</u>	<u>14,013</u>
Carrying amount		
At 31 December 2023	<u>14,972</u>	<u>14,972</u>
At 31 December 2022	<u>16,804</u>	<u>16,804</u>
	IT Equipment	Total
Cost	£	£
At 1 January 2023	-	-
Additions	6,106	6,106
At 31 December 2023	<u>6,106</u>	<u>6,106</u>
Depreciation		
At 1 January 2023	-	-
Charge for the period	2,015	2,015
At 31 December 2023	<u>2,015</u>	<u>2,015</u>
Carrying amount		
At 31 December 2023	<u>4,091</u>	<u>4,091</u>
At 31 December 2022	<u>-</u>	<u>-</u>

THE HAPPY AND HEALTHY TRUST
Notes to the Financial Statements (continued)
Year ended 31 December 2023

10 DEBTORS

	2023	2022
	£	£
Other debtors	46,432	10,370
	<u>46,432</u>	<u>10,370</u>

11 CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2023	2022
	£	£
Other creditors	9,881	9,881
Accruals and deferred income	3,000	1,500
	<u>12,881</u>	<u>11,381</u>

12 ANALYSIS OF CHARITABLE FUNDS

Unrestricted funds

	At 1 January 2023	Income	Expenditure	At 31 December 2023
	£	£	£	£
General funds	<u>33,371</u>	<u>259,566</u>	<u>(230,231)</u>	<u>62,706</u>

	At 1 January 2022	Income	Expenditure	At 31 December 2022
	£	£	£	£
General funds	<u>14,301</u>	<u>117,174</u>	<u>(98,104)</u>	<u>33,371</u>

Designated funds

	At 1 January 2023	Income	Expenditure	At 31 December 2023
	£	£	£	£
Restricted funds	<u>22,824</u>	<u>67,326</u>	<u>(70,955)</u>	<u>19,195</u>

	At 1 January 2022	Income	Expenditure	At 31 December 2022
	£	£	£	£
Restricted funds	<u>3,580</u>	<u>100,599</u>	<u>(81,355)</u>	<u>22,824</u>

THE HAPPY AND HEALTHY TRUST
Notes to the Financial Statements (*continued*)
Year ended 31 December 2023

13 ANALYSIS OF NET ASSETS BETWEEN FUNDS

	General Funds	Designated Funds	Total Funds 2023
	£	£	£
Tangible fixed assets	19,063	-	19,063
Current assets	56,524	19,195	75,719
Creditors less than 1 year	(12,881)	-	(12,881)
	<u>62,706</u>	<u>19,195</u>	<u>81,901</u>

	Unrestricted Funds	Designated Funds	Total Funds 2022
	£	£	£
Tangible fixed assets	16,804	-	16,804
Current assets	27,948	22,824	50,772
Creditors less than 1 year	(11,381)	-	(11,381)
	<u>33,371</u>	<u>22,824</u>	<u>56,195</u>

14 RELATED PARTY DISCLOSURES

There were no related party transactions for the period ending 31 December 2023.

The Happy and Healthy Trust

Trustees:

Mrs. Binah Merlin

Mr. C M Muller

Mr. M Y Monderer

Charity Number:

1182927

Banker: Barclays Bank, Leicester, LE87 2BB

Independent Examiner: Stone & Co. Services Ltd, 3
Norfolk Avenue, London, N15 6JX



THE HAPPY AND HEALTHY TRUST

England & Wales - Charity number 1182927

Accounts



OUT OF THE BOX

The Happy and Healthy Trust
Annual Report

2023

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MESSAGE FROM OUR TRUSTEE

As a trustee of The Happy and Healthy Trust, I am delighted to present our annual report, themed 'Out of the Box,' highlighting the incredible achievements we've accomplished over the past year. This theme underscores our steadfast dedication to transcending traditional boundaries and offering young people unparalleled opportunities for growth, empowerment, and well-being. Over the past year, our programs have exceeded our expectations, and we've witnessed young people thriving in ways that defy convention. We've seen children breaking free from societal constraints, discovering their unique potential, and redefining their paths to success. The impact of our collective dedication to their well-being has been profound, instilling in them a sense of hope, resilience, and optimism. We are profoundly thankful to our donors, volunteers, and partners whose dedicated support has allowed us to make a tangible difference in the lives of vulnerable young people. Your contributions have shattered the confines of the ordinary, making dreams a reality and enabling us to provide these innovative programs and services. Together, we can create a world where every child is encouraged to step outside the box, supported to succeed on their own terms, and empowered to make a difference in ways that defy convention. Explore our comprehensive impact report, a testament to the revolutionary outcomes made possible through your past support. Together, let us inspire a vision that knows no bounds, transform lives by breaking barriers, and create a brilliantly unboxed, happier, and healthier world for all. Thank you for your steadfast commitment to The Happy and Healthy Trust, where every child is free to be extraordinary."

Mr C. M. Muller

OUR MISSION

At The Happy and Healthy Trust, our mission is to empower and uplift young people, nurturing their growth and enabling them to flourish. We are dedicated to providing comprehensive support in the realms of physical, educational, and emotional well-being. Our commitment lies in creating equitable opportunities for those who are most vulnerable, ensuring that no individual is left behind. By doing so, we aim to pave the way for a brighter future, where each young person can envision a life of well-being, success, and fulfilment.

Our ultimate vision is to sculpt a world where happiness and health are accessible to all, regardless of their circumstances. We envision a global community where every young person's dreams are not only encouraged but also realised, their well-being cherished, and their potential boundless. At The Happy and Healthy Trust, we aspire to transcend boundaries and transform the lives of young people, instilling in them hope, resilience, and a profound sense of optimism. Our vision encompasses a future where the barriers that restrict opportunity and well-being are obliterated.

OUR VISION

OUR GOALS

Our central goals revolve around enhancing the well-being and opportunities of young people. We are committed to promoting their physical health and fitness, providing resources for active and healthy lifestyles. Creating equal opportunities is paramount as we work to eliminate disparities in access to essential services, ensuring that no one is left behind. Building a strong sense of community among young people is integral to our mission, fostering a supportive environment that encourages belonging and connection. Lastly, we aim to empower them with life skills and readiness programs, equipping them to define and achieve success on their own terms, both personally and professionally.

PAST AND ONGOING PROJECTS

Take a closer look at our activities and achievements at The Happy and Healthy Trust. We're on a mission to empower young people and nurture their well-being. Our current initiatives are a vibrant testament to this commitment, designed to inspire, support, and transform the lives of young people. These activities embody our dedication to creating a world where every child has the opportunity to thrive, succeed, and make a difference.

CYCLING STRONGER



"Cycling Stronger" is a weekly program designed for 7–15-year-olds, aimed at promoting physical well-being while instilling invaluable life skills. This initiative engages young people in thrilling cycling sessions and equips them with the confidence, teamwork, and problem-solving abilities that are essential for life's journey. It's a dynamic and fun approach that empowers the youth, allowing them to explore new horizons and build a foundation for a healthier, more active future.

"Toast Together" is all about creating a sense of community and emotional support. By offering a warm and nourishing breakfast to young people daily, it not only ensures that their physical well-being is taken care of but also provides a platform for building connections and forging friendships. It's a heartwarming initiative that not only feeds hungry stomachs but also feeds the soul, reinforcing the idea that no child should start the day hungry.

DINNER DREAMS



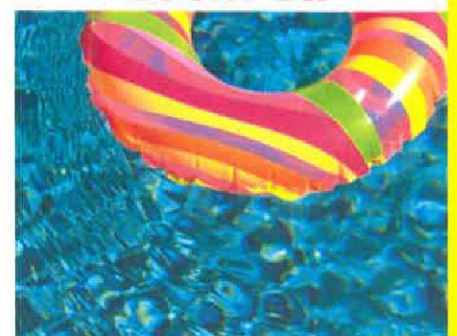
Our "Dinner Dreams" initiative comes to life during holiday periods, ensuring that no child in our community goes to bed hungry. This program fosters a healthier and happier environment by providing meals to young families when they need it most. It's a testament to our commitment to their well-being, showing that we stand by them during all seasons, providing a safety net and a source of hope.

"Lucky Dip is a three-month journey that introduces the joy of swimming to 11-17-year-olds. This weekly program goes beyond the surface, diving into the realm of water to teach valuable life skills and create a sense of adventure. It's an opportunity for young people to discover a world of possibilities in the water, breaking down barriers and instilling a sense of empowerment and achievement.

TOAST TOGETHER



LUCKY DIP





SOFT SKILLS PROGRAMME

Soft Skills Thrills is a weekly programme, empowering young people and young adults with essential life skills and work readiness training. This comprehensive program includes practical placements for real-world experience and encourages entrepreneurship, allowing participants to explore innovative ideas and redefine success on their own terms. It equips them to confidently navigate life's complexities, seize opportunities, and overcome challenges, ensuring their personal and professional development.

CASE STUDY

SARAH'S HEARTFELT JOURNEY WITH 'TOAST TOGETHER'

Sarah, a resilient 10-year-old, grappled with financial challenges, facing the stark reality of skipping breakfast daily due to a turbulent home life. Amid this struggle, she discovered a haven within The Happy And Healthy Trust's 'Toast Together' Project. Initially cautious, she found a warm embrace in the breakfast sessions, where shared meals turned into moments of shared joy and belonging. Here, beyond filling her stomach, Sarah found a family away from home, filling her heart with connections and emotional support. Regularly engaging in the program not only boosted her school attendance and performance but also ignited her confidence and self-assurance, showcasing the transformative power of the project in nurturing not just bodies but hearts, fostering a sense of community and personal growth.

IMPACT IN NUMBERS

**Soft Skills
Thrills Sessions**

152

9800

**Dinner Dreams
Holiday Meals**

**Cycling Stronger
Sessions**

228

48

**Lucky Dip
Participants**

**Toast Together
Participants**

96

24

Volunteers

**Safeguarding
Training
Sessions**

3

FUTURE PLANS

As we look towards the future at The Happy and Healthy Trust, our commitment to empowering young people and nurturing their well-being continues to evolve. While we take pride in our ongoing projects, we are excited to introduce new initiatives that further our mission. These future plans are designed to inspire, support, and transform the lives of young people, amplifying our dedication to creating a world where every child has the opportunity to thrive, succeed, and make a positive difference.

RESONATING RHYTHMS

We are thrilled to introduce "Resonating Rhythms," a program designed for young people between the ages of 14 and 18. This initiative harnesses the power of music to inspire and engage our youth. Through creative musical workshops and weekly events, we will provide a platform for self-expression, collaboration, and personal growth. "Resonating Rhythms" is a harmonious journey that encourages young individuals to discover their talents and passions while fostering a sense of belonging and connection through the universal language of music.

NURTURING NATURE! BUSHCRAFTING CAMP FOR YOUNG PEOPLE

We have an exciting adventure in store with our "Nurturing Nature" project. This outdoor program caters to 8-14-year-olds, providing them with an opportunity to explore and connect with nature. Participants will learn valuable survival and wilderness skills, building self-reliance and a deeper appreciation for the environment. The camp is a step towards building resilience and instilling a sense of adventure in young hearts, encouraging them to embrace the great outdoors.

CREATIVE VISIONS

Art knows no bounds, and we're excited to introduce our 'Creative Visions project for young people aged 12-15. This initiative empowers young people to express themselves through various art forms, sparking their creativity and imagination. Through bi-weekly workshops, exhibitions, and collaborative projects, we aim to cultivate a profound sense of artistic discovery and personal expression.

FROM THE HEARTS OF THOSE WE'VE HELPED

“

"Thanks to the soft skills program, I gained the confidence to chase my dreams and believe in myself." L.R

"Through cycling, I discovered that I can overcome obstacles, both on and off the road." F.S

"This project taught me that sharing a meal can create bonds that are as strong as family ties." E.E

”

"The Happy and Healthy Trust is like a second family, where they not only guide you to a brighter future but also celebrate your uniqueness. They've truly made my journey to success a joyful one." J.T



OUR CHARITY IN ACTION



THE HAPPY AND HEALTHY TRUST
Trustees' Annual Report
Year ended 31 December 2022

The trustees present their report and the unaudited financial statements of the charity for the period ending 31 December 2022.

STRUCTURE, GOVERNANCE AND MANAGEMENT

The charity is governed by a Declaration of Trust.

The power to appoint new trustees is vested in the current board. It is not the intention of the trustees of the charity to appoint any new trustees. Should the situation change in the future, the trustees will apply suitable recruitment induction and training procedures. The trustees administer the day to day running of the charity.

The trustees confirm that there are no major risks to which the charity is exposed.

Financial Review

Total incoming resources were £217,771. Total resources expended were £179,459.

The financial results of the charity's activities for the year to 31 December 2022 are fully reflected in the attached Financial Statements together with the Notes thereon.

Reserve policy

The trustees retain reserves as necessary and where appropriate, consolidate funds in order to make more substantial grants which they feel to be appropriate.

As at 31 December 2022, the charity had free reserves of £33,371.



Mr C M Muller
Trustee

THE HAPPY AND HEALTHY TRUST
Independent examiner's report to the trustees on the unaudited financial
statements Year ended 31 December 2022

Independent examiner's report to the trustees of The Happy and Healthy Trust ('the charity')

I report to the charity trustees on my examination of the financial statements of the charity for the period ending 31 December 2022.

Responsibilities and basis of report

As the charity's trustees you are responsible for the preparation of the financial statements in accordance with the requirements of the Charities Act 2011 ('the Act').

I report in respect of my examination of your charity's financial statements as carried out under section 145 of the 2011 Act. In carrying out my examination I have followed the 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 matters have come to my attention in connection with the examination giving me cause to believe:

- 1 accounting records were not kept in respect of the charity as required by section 130 of the Act; or
- 2 the financial statements do not accord with those records; or
- 3 the financial statements do not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a 'true and fair' view which is not a matter considered as part of an independent examination.

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 financial statements to be reached.

Stone & Co. Services
Ltd 3 Norfolk Avenue
London
N15 6JX

6 December
2023

THE HAPPY AND HEALTHY TRUST
Statement of Financial Activities
Year ended 31 December 2022

		2022		2021
	Note	Unrestricted funds £	Restricted funds	Total funds £
INCOME AND ENDOWMENTS				
Donations and grants	4	117,162	100,599	217,761
Total income		<u>117,162</u>	<u>100,599</u>	<u>217,761</u>
EXPENDITURE				
Expenditure on charitable activities	5,6	(98,104)	(81,355)	(179,459)
Total expenditure		<u>(98,104)</u>	<u>(81,355)</u>	<u>(179,459)</u>
NET INCOME/(EXPENDITURE)		<u>19,058</u>	<u>19,244</u>	<u>38,302</u>
OTHER INCOME		11		11
PROFIT FOR THE YEAR		<u>19,069</u>	<u>19,244</u>	<u>38,313</u>
RECONCILIATION OF FUNDS				
Total funds brought forward		<u>17,881</u>	-	<u>17,881</u>
TOTAL FUNDS CARRIED FORWARD		<u>36,950</u>	<u>19,244</u>	<u>56,194</u>

CONTINUING OPERATIONS

All income and expenditure has arisen from continuing activities.

THE HAPPY AND HEALTHY TRUST
Statement of Financial Position
Year ended 31 December 2022

	Notes	2022 £	2021 £
FIXED ASSETS			
Tangible fixed assets	8	16,804	17,404
CURRENT ASSETS			
Debtors	9	10,370	7,370
Cash at bank		<u>40,402</u>	<u>4,429</u>
		50,772	11,799
CREDITORS			
Amounts falling due within one year	10	<u>(11,381)</u>	<u>(11,322)</u>
NET CURRENT ASSETS		<u>39,391</u>	<u>477</u>
TOTAL ASSETS LESS CURRENT LIABILITIES		<u>56,195</u>	<u>17,881</u>
NET ASSETS		<u>56,195</u>	<u>17,881</u>
FUNDS			
General funds		33,371	14,301
Designated funds		<u>22,824</u>	<u>3,580</u>
TOTAL FUNDS		<u>56,195</u>	<u>17,881</u>

The financial statements were approved by the Board of Trustees on 6 December 2023 and were signed on its behalf by:



Mr C M Muller

THE HAPPY AND HEALTHY TRUST
Notes to the financial statements
Year ended 31 December 2022

1 GENERAL INFORMATION

The charity is a public benefit entity and a registered charity in England and Wales and is unincorporated. The address of the principal office is 121 Clapton Common, London, E5 9AB.

2 STATEMENT OF COMPLIANCE

These financial statements have been prepared in compliance with FRS 102, 'The Financial Reporting Standard applicable in the UK and the Republic of Ireland', the Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (Charities SORP (FRS 102)) and the Companies Act 2006.

3 ACCOUNTING POLICIES

Basis of preparation

The financial statements have been prepared on the historical cost basis.

The financial statements are prepared in sterling, which is the functional currency of the entity.

Going concern

There are no material uncertainties about the charity's ability to continue.

Judgements and key sources of estimation uncertainty

The preparation of the financial statements requires management to make judgements, estimates and assumptions that affect the amounts reported. These estimates and judgements are continually reviewed and are based on experience and other factors, including expectations of future events that are believed to be reasonable under the circumstances.

The Trustees do not consider there are any critical judgements or sources of estimation uncertainty requiring disclosure beyond the accounting policies listed below.

Fund accounting

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees. Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes. Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

Taxation

The charity is exempt from tax on its charitable activities.

Incoming resources

All income is recognised in the Statement of Financial Activities once the charity has entitlement to the funds; it is probable that the economic benefits associated with the transaction will flow to the charity and the amount can be reliably measured. Income from donations or grants is recognised when there is evidence of entitlement to the gift, receipt is probable and its amount can be measured reliably.

THE HAPPY AND HEALTHY TRUST
Notes to the Financial Statements (continued)
Year ended 31 December 2022

5 EXPENDITURE ON CHARITABLE ACTIVITIES BY FUND TYPE

	Unrestricted Funds	Restricted Funds	Total Funds 2022	Total Funds 2021
	£	£	£	£
Soup kitchen	45,843	21,586	67,429	80,669
Provision of food and necessity packages to disadvantaged people	3,467	-	3,467	3,035
Recreational activities for disadvantaged children	11,320	59,499	70,819	41,128
Grants to individuals	17,735	-	17,735	6,909
Grants to institutions	8,790	-	8,790	3,195
Support costs	10,949	270	11,219	15,515
	<u>98,104</u>	<u>81,355</u>	<u>179,459</u>	<u>150,451</u>

6 EXPENDITURE ON CHARITABLE ACTIVITIES BY ACTIVITY TYPE

	Direct Costs	Support Costs	Total Funds 2022	Total Funds 2021
	£	£	£	£
Soup kitchen	67,429	-	67,429	80,669
Provision of food and necessity packages to disadvantaged people	3,467	-	3,467	3,035
Recreational activities for disadvantaged children	70,819	-	70,819	41,128
Donations paid	26,525	-	26,525	10,104
Governance costs	-	11,219	11,219	15,515
	<u>168,240</u>	<u>11,219</u>	<u>179,459</u>	<u>150,451</u>

7 TRUSTEES' REMUNERATION AND BENEFITS

No salaries or wages have been paid to employees, including the trustees, during the year.

Trustees' expenses

The charity did not meet any individual expenses incurred by the trustees for services provided to the charity.

THE HAPPY AND HEALTHY TRUST
Notes to the Financial Statements (continued)
Year ended 31 December 2022

8 TANGIBLE FIXED ASSETS

	Fixtures and fittings	Total
Cost	£	£
At 1 January 2022	25,810	25,810
Additions	2,365	2,365
At 31 December 2022	<u><u>28,175</u></u>	<u><u>28,175</u></u>
Depreciation		
At 1 January 2022	8,406	8,406
Charge for the period	2,965	2,965
At 31 December 2022	<u><u>11,371</u></u>	<u><u>11,371</u></u>
Carrying amount		
At 31 December 2022	<u><u>16,804</u></u>	<u><u>16,804</u></u>
At 31 December 2021	<u><u>17,404</u></u>	<u><u>17,404</u></u>

9 DEBTORS

	2022	2021
	£	£
Other debtors	10,370	7,370
	<u><u>10,370</u></u>	<u><u>7,370</u></u>

10 CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2022	2021
	£	£
Other creditors	9,881	9,882
Accruals and deferred income	1,500	1,440
	<u><u>11,381</u></u>	<u><u>11,322</u></u>

THE HAPPY AND HEALTHY TRUST
Notes to the Financial Statements (continued)
Year ended 31 December 2022

11 ANALYSIS OF CHARITABLE FUNDS

Unrestricted funds

	At 1 January 2022	Income	Expenditure	At 31 December 2022
	£	£	£	£
General funds	<u>14,301</u>	<u>117,174</u>	<u>(98,104)</u>	<u>33,371</u>

	At 1 January 2021	Income	Expenditure	At 31 December 2021
	£	£	£	£
General funds	<u>11,346</u>	<u>112,278</u>	<u>(109,323)</u>	<u>14,301</u>

Designated funds

	At 1 January 2022	Income	Expenditure	At 31 December 2022
	£	£	£	£
Restricted funds	<u>3,580</u>	<u>100,599</u>	<u>(81,355)</u>	<u>22,824</u>

	At 1 January 2021	Income	Expenditure	At 31 December 2021
	£	£	£	£
Restricted funds	<u>-</u>	<u>44,708</u>	<u>(41,128)</u>	<u>3,580</u>

12 ANALYSIS OF NET ASSETS BETWEEN FUNDS

	General Funds	Designated Funds	Total Funds 2022
	£	£	£
Tangible fixed assets	16,804	-	16,804
Current assets	27,948	22,824	50,772
Creditors less than 1 year	<u>(11,381)</u>	<u>-</u>	<u>(11,381)</u>
	<u>33,371</u>	<u>22,824</u>	<u>56,195</u>

THE HAPPY AND HEALTHY TRUST
Notes to the Financial Statements (continued)
Year ended 31 December 2022

12 ANALYSIS OF NET ASSETS BETWEEN FUNDS (continued)

	Unrestricted Funds	Designated Funds	Total Funds 2021
	£	£	£
Tangible fixed assets	17,404	-	17,404
Current assets	8,219	3,580	11,799
Creditors less than 1 year	(11,322)	-	(11,322)
	<u>14,301</u>	<u>3,580</u>	<u>17,881</u>

13 RELATED PARTY DISCLOSURES

There were no related party transactions for the period ending 31 December 2022.

ADDRESS

121 Clapton Common, E5 9AB,
London
02036704441
info@thehappyandhealthy.c
o.uk

**LEGAL AND
ADMINISTRATIVE**

Trustees:
Mrs Binah Merlin
Mr C M muller
Mr M Y Monderer

CHARITY NUMBER
1182927

BANKER
Barclays Bank
Leicester,
LE87 2BB

INDEPENDANT EXAMINER
Stone & Co. Services Ltd
3 Norfolk Avenue
London
N15 6JX

WEBSITE
www.thehappyandhealthy.co.uk



THE HAPPY AND HEALTHY TRUST

England & Wales - Charity number 1182927

Accounts

CHARITY REGISTRATION NUMBER: 1182927

THE HAPPY AND HEALTHY TRUST
Unaudited Financial Statements
31 December 2021

THE HAPPY AND HEALTHY TRUST
Financial Statements
Year ended 31 December 2021

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THE HAPPY AND HEALTHY TRUST
Trustees' Annual Report
Year ended 31 December 2021

The trustees present their report and the unaudited financial statements of the charity for the period ending 31 December 2021.

REFERENCE AND ADMINISTRATIVE DETAILS

Registered charity name	The Happy And Healthy Trust
Charity number	1182927
Principal office	121 Clapton Common London E5 9AB
Trustees	Mr C M Muller Mr M Y Monderer Mrs B Merlin
Independent examiner	Stone & Co. Services Ltd 3 Norfolk Avenue London N15 6JX

STRUCTURE, GOVERNANCE AND MANAGEMENT

The charity is governed by a Declaration of Trust.

The power to appoint new trustees is vested in the current board. It is not the intention of the trustees of the charity to appoint any new trustees. Should the situation change in the future, the trustees will apply suitable recruitment induction and training procedures. The trustees administer the day to day running of the charity.

The trustees confirm that there are no major risks to which the charity is exposed.

OBJECTIVES AND ACTIVITIES

Objectives and aims

The objects of the charity are:

1. Our aim is to help disadvantaged people with access to grants, food packages and financial support (loans), whether directly or through other organisations in the UK and/or abroad.
2. To promote any other exclusively charitable objects and purposes as the trustees see fit, provided that they are regarded as charitable by the laws of England and Wales.

The trustees have considered the Charity Commission's general guidance on public benefit.

STRATEGIC REPORT

The following sections for achievements and performance and financial review form the strategic report of the charity.

Achievements and performance

The trustees are pleased with the results of the year. The charity managed to raise the necessary funds required to reach their charitable objectives.

THE HAPPY AND HEALTHY TRUST
Trustees' Annual Report
Year ended 31 December 2021

Achievements and performance (*continued*)

During the above-said period, the activities run by the charity included:

- Breakfast Project

Adult Befriending breakfast campaign - This is our core project and runs throughout the year.

In Dec 21 and Jan 21 we ran a Breakfast box pilot for disadvantaged children due to Covid -19 that was funded by Tesco Bags of Help.

- Cycling Project - Covid 19 Response

We ran a Cycling Stronger project as a 14 week pilot Covid-19 response from Jan-April 21 which was funded through Isla Foundation and Magic Little Grant. In April 2021 we set up the project for ages 4-6 lasting 1 year. The project was funded by Awards For All. We also set up a project for ages 8-10 that was funded by Silver Lady Fund, Souter Charitable Trust, Leeds Building Society Foundation and Alpkit. Lockdown created a greater need for the project, so we created an additional 3-month project for disadvantaged children. The project ran from March 21 - June 21 and was funded by Voice For Change on behalf of Sport England.

- Holiday Packs

Holiday Packs and clubs for April 21 that was funded by Sevens Stars foundation and DWF.

- Reading project

Start up project for one year for early years reading club funded by G H Roberts trust.

- Bushcrafting Camp

A local summer camp for disadvantaged young people with a focus on bushcraft, survival and team working skills funded by Tottenham Grammar School Foundation.

THE HAPPY AND HEALTHY TRUST
Trustees' Annual Report (*continued*)
Year ended 31 December 2021

Financial Review

Total incoming resources were £156,986. Total resources expended were £150,451.

The financial results of the charity's activities for the year to 31 December 2021 are fully reflected in the attached Financial Statements together with the Notes thereon.

Reserve policy

The trustees retain reserves as necessary and where appropriate, consolidate funds in order to make more substantial grants which they feel to be appropriate.

As at 31 December 2021, the charity had free reserves of £17,881.

Future developments

Whilst we are slowly emerging from the effects of Covid-19, our users are not unscathed. At The Happy And Healthy Trust, we are trying to expand our services to deal with new and existing exacerbated issues in our beneficiaries as a result of the pandemic and the current cost of living crisis.

The trustees' annual report and the strategic report were approved on 24 October 2022 and signed on behalf of the board of trustees by:

Mr C M Muller
Trustee

THE HAPPY AND HEALTHY TRUST
Independent examiner's report to the trustees on the unaudited financial statements
Year ended 31 December 2021

Independent examiner's report to the trustees of The Happy and Healthy Trust ('the charity')

I report to the charity trustees on my examination of the financial statements of the charity for the period ending 31 December 2021.

Responsibilities and basis of report

As the charity's trustees you are responsible for the preparation of the financial statements in accordance with the requirements of the Charities Act 2011 ('the Act').

I report in respect of my examination of your charity's financial statements as carried out under section 145 of the 2011 Act. In carrying out my examination I have followed the 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 matters have come to my attention in connection with the examination giving me cause to believe:

- 1 accounting records were not kept in respect of the charity as required by section 130 of the Act; or
- 2 the financial statements do not accord with those records; or
- 3 the financial statements do not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a 'true and fair' view which is not a matter considered as part of an independent examination.

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 financial statements to be reached.

Stone & Co. Services Ltd
3 Norfolk Avenue
London
N15 6JX

24 October 2021

THE HAPPY AND HEALTHY TRUST
Statement of Financial Activities
Year ended 31 December 2021

		2021		2020	
	Note	Unrestricted funds £	Restricted funds	Total funds £	Total funds £
INCOME AND ENDOWMENTS					
Donations and legacies	4	105,278	-	105,278	73,719
Charitable activities	5	7,000	44,708	51,708	-
Total income		<u>112,278</u>	<u>44,708</u>	<u>156,986</u>	<u>73,719</u>
EXPENDITURE					
Expenditure on charitable activities	6,7	(109,323)	(41,128)	(150,451)	(76,401)
Total expenditure		<u>(109,323)</u>	<u>(41,128)</u>	<u>(150,451)</u>	<u>(76,401)</u>
NET INCOME/(EXPENDITURE)		<u>2,955</u>	<u>3,580</u>	<u>6,535</u>	<u>(2,682)</u>
RECONCILIATION OF FUNDS					
Total funds brought forward		<u>11,346</u>	<u>-</u>	<u>11,346</u>	<u>14,028</u>
TOTAL FUNDS CARRIED FORWARD		<u>14,301</u>	<u>3,580</u>	<u>17,881</u>	<u>11,346</u>

CONTINUING OPERATIONS

All income and expenditure has arisen from continuing activities.

THE HAPPY AND HEALTHY TRUST
Statement of Financial Position
Year ended 31 December 2021

	Notes	2021 £	2020 £
FIXED ASSETS			
Tangible fixed assets	9	17,404	20,475
CURRENT ASSETS			
Debtors	10	7,370	7,370
Cash at bank		4,429	3,678
		<u>11,799</u>	<u>11,048</u>
CREDITORS			
Amounts falling due within one year	11	<u>(11,322)</u>	<u>(20,177)</u>
NET CURRENT ASSETS		<u>477</u>	<u>(9,129)</u>
TOTAL ASSETS LESS CURRENT LIABILITIES		<u>17,881</u>	<u>11,346</u>
NET ASSETS		<u><u>17,881</u></u>	<u><u>11,346</u></u>
FUNDS			
General funds		14,301	11,346
Designated funds		3,580	-
TOTAL FUNDS		<u><u>17,881</u></u>	<u><u>11,346</u></u>

The financial statements were approved by the Board of Trustees on 24 October 2021 and were signed on its behalf by:

Mr C M Muller

THE HAPPY AND HEALTHY TRUST
Notes to the financial statements
Year ended 31 December 2021

1 GENERAL INFORMATION

The charity is a public benefit entity and a registered charity in England and Wales and is unincorporated.
The address of the principal office is 121 Clapton Common, London, E5 9AB.

2 STATEMENT OF COMPLIANCE

These financial statements have been prepared in compliance with FRS 102, 'The Financial Reporting Standard applicable in the UK and the Republic of Ireland', the Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (Charities SORP (FRS 102)) and the Companies Act 2006.

3 ACCOUNTING POLICIES

Basis of preparation

The financial statements have been prepared on the historical cost basis.

The financial statements are prepared in sterling, which is the functional currency of the entity.

Going concern

There are no material uncertainties about the charity's ability to continue.

Judgements and key sources of estimation uncertainty

The preparation of the financial statements requires management to make judgements, estimates and assumptions that affect the amounts reported. These estimates and judgements are continually reviewed and are based on experience and other factors, including expectations of future events that are believed to be reasonable under the circumstances.

The Trustees do not consider there are any critical judgements or sources of estimation uncertainty requiring disclosure beyond the accounting policies listed below.

Fund accounting

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.
Restricted funds can only be used for particular restricted purposes within the objects of the charity.
Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.
Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

Taxation

The charity is exempt from tax on its charitable activities.

Incoming resources

All income is recognised in the Statement of Financial Activities once the charity has entitlement to the funds; it is probable that the economic benefits associated with the transaction will flow to the charity and the amount can be reliably measured. Income from donations or grants is recognised when there is evidence of entitlement to the gift, receipt is probable and its amount can be measured reliably.

THE HAPPY AND HEALTHY TRUST
Notes to the Financial Statements (continued)
Year ended 31 December 2021

6 EXPENDITURE ON CHARITABLE ACTIVITIES BY FUND TYPE

	Unrestricted Funds	Restricted Funds	Total Funds 2021	Total Funds 2020
	£	£	£	£
Soup kitchen	80,669	-	80,669	40,153
Provision of food and necessity packages to disadvantaged people	3,035	-	3,035	-
Recreational activities for disadvantaged children	-	41,128	41,128	-
Grants to individuals	6,909	-	6,909	17,678
Grants to institutions	3,195	-	3,195	1,412
Support costs	15,515	-	15,515	17,158
	<u>109,323</u>	<u>41,128</u>	<u>150,451</u>	<u>76,401</u>

7 EXPENDITURE ON CHARITABLE ACTIVITIES BY ACTIVITY TYPE

	Direct Costs	Support Costs	Total Funds 2021	Total Funds 2020
	£	£	£	£
Soup kitchen	80,669	-	80,669	40,153
Provision of food and necessity packages to disadvantaged people	3,035	-	3,035	-
Recreational activities for disadvantaged children	41,128	-	41,128	-
Donations paid	10,104	-	10,104	19,090
Governance costs	-	15,515	15,515	17,158
	<u>134,936</u>	<u>15,515</u>	<u>150,451</u>	<u>76,401</u>

8 TRUSTEES' REMUNERATION AND BENEFITS

No salaries or wages have been paid to employees, including the trustees, during the year.

Trustees' expenses

The charity did not meet any individual expenses incurred by the trustees for services provided to the charity.

THE HAPPY AND HEALTHY TRUST
Notes to the Financial Statements (continued)
Year ended 31 December 2021

9 TANGIBLE FIXED ASSETS

	Fixtures and fittings	Total
Cost	£	£
At 1 January 2021	25,810	25,810
Additions	-	-
At 31 December 2020	<u>25,810</u>	<u>25,810</u>
Depreciation		
At 1 January 2020	5,335	5,335
Charge for the period	3,071	3,071
At 31 December 2021	<u>8,406</u>	<u>8,406</u>
Carrying amount		
At 31 December 2021	<u>17,404</u>	<u>17,404</u>
At 31 December 2020	<u>20,475</u>	<u>20,475</u>

10 DEBTORS

	2021	2020
	£	£
Other debtors	7,370	7,370
	<u>7,370</u>	<u>7,370</u>

11 CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2021	2020
	£	£
Other creditors	9,882	19,457
Accruals and deferred income	1,440	720
	<u>11,322</u>	<u>20,177</u>

THE HAPPY AND HEALTHY TRUST
Notes to the Financial Statements (*continued*)
Year ended 31 December 2021

12 ANALYSIS OF CHARITABLE FUNDS

Unrestricted funds

	At 1 January 2021 £	Income £	Expenditure £	At 31 December 2021 £
General funds	<u>11,346</u>	<u>112,278</u>	<u>(109,323)</u>	<u>14,301</u>

	At 1 January 2020 £	Income £	Expenditure £	At 31 December 2020 £
General funds	<u>14,028</u>	<u>73,719</u>	<u>(76,401)</u>	<u>11,346</u>

Designated funds

	At 1 January 2021 £	Income £	Expenditure £	At 31 December 2021 £
Restricted funds	<u>-</u>	<u>44,708</u>	<u>(41,128)</u>	<u>3,580</u>

	At 1 January 2020 £	Income £	Expenditure £	At 31 December 2020 £
Restricted funds	<u>-</u>	<u>-</u>	<u>-</u>	<u>-</u>

13 ANALYSIS OF NET ASSETS BETWEEN FUNDS

	General Funds £	Designated Funds £	Total Funds 2021 £
Tangible fixed assets	17,404	-	17,404
Current assets	8,219	3,580	11,799
Creditors less than 1 year	<u>(11,322)</u>	<u>-</u>	<u>(11,322)</u>
	<u>14,301</u>	<u>3,580</u>	<u>17,881</u>

THE HAPPY AND HEALTHY TRUST
Notes to the Financial Statements (continued)
Year ended 31 December 2021

13 ANALYSIS OF NET ASSETS BETWEEN FUNDS (continued)

	Unrestricted Funds	Designated Funds	Total Funds 2020
	£	£	£
Tangible fixed assets	20,475	-	20,475
Current assets	11,048	-	11,048
Creditors less than 1 year	(20,177)	-	(20,177)
	<u>11,346</u>	<u>-</u>	<u>11,346</u>

14 RELATED PARTY DISCLOSURES

There were no related party transactions for the period ending 31 December 2021.

THE HAPPY AND HEALTHY TRUST

England & Wales - Charity number 1182927

Accounts



A TOAST TO A BEAUTIFUL NEW DAY

THE HAPPY AND HEALTHY

Annual Report
& Accounts
31 DECEMBER 2020

THE HAPPY AND HEALTHY TRUST
Financial Statements
Year ended 31 December 2020

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THE HAPPY AND HEALTHY TRUST

Trustees' Annual Report Year ended 31 December 2020

The trustees present their report and the unaudited financial statements of the charity for the period ending 31 December 2020.

REFERENCE AND ADMINISTRATIVE DETAILS

Registered charity name The Happy And Healthy Trust

Charity number 1182927

Principal office 121 Clapton Common
London
E5 9AB

Trustees Mr C M Muller
Mr M Y Monderer
Mrs B Merlin
Mr P Neiman

Independent examiner Stone & Co. Services Ltd
3 Norfolk Avenue
London
N15 6JX

STRUCTURE, GOVERNANCE AND MANAGEMENT

The charity is governed by a Declaration of Trust.

The power to appoint new trustees is vested in the current board. It is not the intention of the trustees of the charity to appoint any new trustees. Should the situation change in the future, the trustees will apply suitable recruitment induction and training procedures. The trustees administer the day to day running of the charity.

The trustees confirm that there are no major risks to which the charity is exposed.

OBJECTIVES AND ACTIVITIES

Objectives and aims

The objects of the charity are:

1. Our aim is to help disadvantaged people with access to grants, food packages and financial support (loans), whether directly or through other organisations in the UK and/or abroad.
2. To promote any other exclusively charitable objects and purposes as the trustees see fit, provided that they are regarded as charitable by the laws of England and Wales.

STRATEGIC REPORT

The following sections for achievements and performance and financial review form the strategic report of the charity.

Achievements and performance

The trustees are pleased with the results of the year. The charity managed to raise the necessary funds required to reach their charitable objectives.

The trustees have considered the Charity Commission's general guidance on public benefit.

OUR VISION:

Disadvantaged children and young people in our community accessing all activities and opportunities, enabling them to thrive and flourish, growing into productive members of society.





OUR MISSION:

To – give every person a chance to succeed in life by developing the physical, social, emotional and educational needs of children and young adults challenged by poverty, illness, overcrowding or other forms of disadvantaged





OUR VALUES:

Integrity – We work by strong moral and ethical principals so service users feel we are a trust they can rely upon.

Responsibility – we realised the sensitivity of our work and take ownership for accomplishments and errors.

Love – we carry out our work with love and warmth, offering services with a personal touch so that each user feels cared and looked-out for.

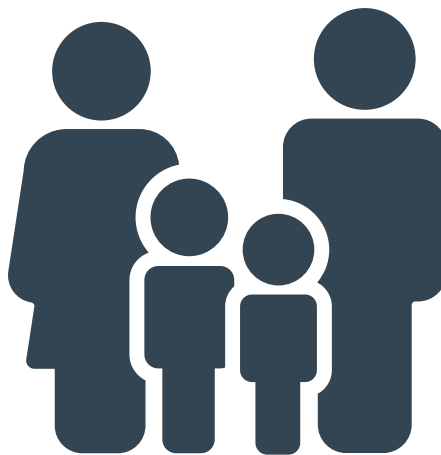
125 Adults



75 Children



32 Families



TRUSTEE LETTER:

What we didn't know...

We'll admit it. We didn't know. When we saw vulnerable and disadvantaged people in our community struggling to advance in life because their basic needs were going unmet and made it our mission *to give every person a chance to succeed in life* we had absolutely no idea how vital our work would be.

But ignorance is bliss and we plunged right in. Starting with our core project; a breakfast campaign to those in need, we saw an enormous impact. Our beneficiaries were mouthfuls of praise and gratitude, exclaiming that this chance for a healthy meal and friendship was what encouraged them to get out of bed each morning and face another day.

We also admit, we had no idea just how much we could get on with in 12 months. Responding to calls of need we set up various other projects as outlined in our review (to help you be in the know).

We don't know what the future will bring. To be fair, in the current pandemic we're all a little extra uncertain. What we do know is that we, as trustees, are more determined than ever to help the disadvantaged, especially those that are hard hit in our current climate.

It's been a tricky year as we tried to master the ropes of prioritising projects, monitoring successes and managing Covid-19 guidelines. It's been a successful year of growth upon which we reflect back on and build upon.

Because we're not know-it-alls. We're learn-it-alls.

C M Muller
Trustee

A photograph of a document titled "Trustee's Certification of Truth" with a pen and glasses on a blue folder. The document is white and has a white circular tag with a hole and a string attached to it. The folder is blue with a textured pattern and a decorative border. The pen is black with a silver tip and the glasses are gold-rimmed. The background is a light brown envelope.

Trustee's Certification of Truth

by declare and certify

The undersigned being of legal age
under penalty of perjury as follows:

1. That the undersigned a
and that the following in

PROJECT 1 (BREAKFAST):

What happens whilst you drink your coffee...

So, your palms are clasped round a steaming cuppa, deliberating over your plans for the day (your charitable acts I assume, kind you) and down the road and across the street, people like you are hungry. They crave a good sandwich and a good laugh. They want a steaming coffee and a warm smile.

That's the sad news. Yesterday's Headlines.

In current news, there's a wonderful place for these disadvantaged and vulnerable adults to start their day. They walk in rubbing their eyes, convinced they're still dreaming as an abundant nutritious meal awaits them. Good ol' bread, tuna, egg, salad, sardines (lots and lots of good stuff) and oh yes, coffee!

More than what's on the table it's who's around the table. We encourage young, successful adults to join the disadvantaged in the community for breakfast, offering them warm words of hope, warm smiles of friendship and steaming hot encouragement for their day.

By the time you've tilted your head back 90 degrees to get that final sip out of your cup, 100 disadvantaged people in Hackney, London, have filled their stomachs with food; hearts with encouragement and hope to utilise the new day ahead to improve their circumstances. That's just 'eggs'quisite!

Our Covid-19 Response: Obviously with social distancing (we call it unsociable) our program couldn't run as usual. During lockdown we delivered breakfast to our beneficiaries' homes and when we could reopen, we had to stagger the program over the whole day so that a disadvantaged person would not be exposed to many people in the process. The cleaning, sanitising and resetting was quite a deal, but we did it with a smile. Because safety is our priority.



PROJECT 2 (LEARN AND PLAY):

We're game...

Shush we're not going to tell anyone that your heart still does a gigantic somersault as you walk past your favourite toy store. That you still get struck by the nostalgia of spiderman and dolls with long, soft hair. And Lego! Oh Lego! Endless hours of constructive play, youthful imagination, perfect coordination. We could go on but somehow, we have that feeling that you can relate to all that and more just fine.

For some children, those long hours you spent playing are a blank. A long blank of boredom and frustration and doing trouble and parental rebuke. It's a silly chain really.

And it could also come to an end. A full stop. Full of fun and laughter.

In the past 12 months we've impacted (yeah, that's a big word) 44 disadvantaged young children with our biweekly play sessions led by an Early Years Teacher. There they get kids to be kids, as they engage them in constructive play, recreational activities and sensory messy play which they wouldn't get to do at home. There's soooo many skills to pick up during their sessions such as refining fine and gross motor skills, turn taking (own up, do you still take a deep breath when you hand over the board during scrabble night?) and creativity. Or as O. Fred Donaldson so eloquently put it "Children learn as they play, most importantly, in play children learn how to learn". Their teachers are telling us they are really seeing an improvement in these children's development. We're glad we're not just toying around.

Our Covid-19 Response: Unfortunately, during the April lockdown, we had to stop this service. It may not seem that major in the big scheme of things, but we know that for many of these children, these sessions mean the world to them! (It's like offering them a free smile to wear for the week!) We have since reopened, in smaller groups, adhering to Covid guidelines; guiding, constructing and joining the kids' dreams in this all coming to an end.



PROJECT 3 (WARM MEALS):

You are what you eat...

We're not making any judgements here; just saying we don't want beautiful young children being nothing. Because that's what they sometimes eat.

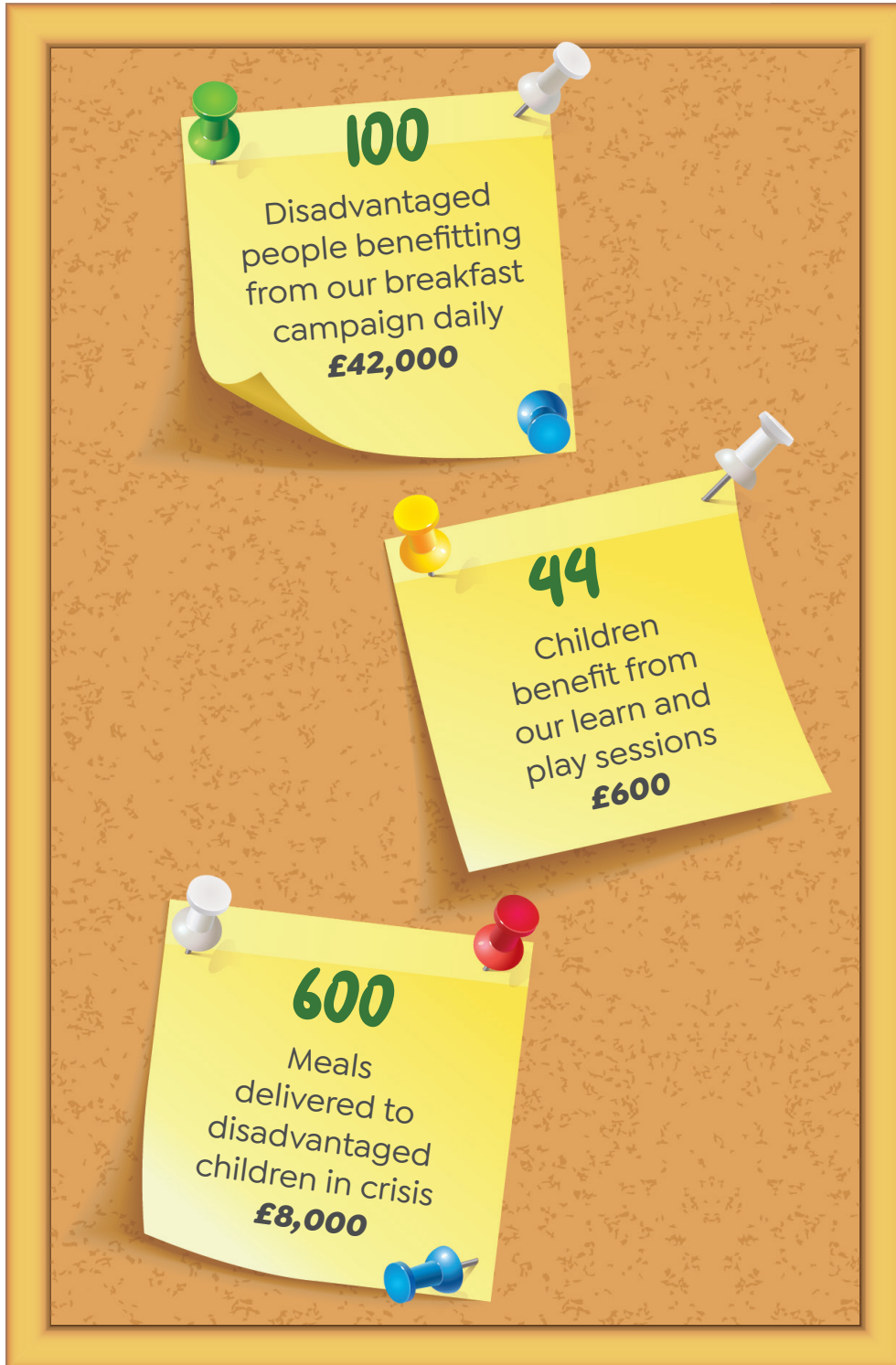
Disadvantaged children struggle with meals in the best of times as poverty and dysfunction mean it's more about mac n' cheese than roast chicken. But when crisis hits such families, the tough gets tougher and the rough gets rougher. When Mom goes through a bout of depression, if Dad's out of work again, little lads and lasses are often going hungry. If they're hungry, they don't sleep, are restless, can't absorb their learning, turn to bullying and more. (Why do you think your Mother insisted 'you're not going anywhere until you finish your supper!'?).

The Happy and Healthy Trust provided 600 meals (cooked and delivered by volunteers from the community. Yay Hackney!) this past year to disadvantaged children in crisis. That's an awful lot and we should be blushing proud. But we're not. Working so closely with these children makes us a little sad as we become aware of how many more children need our help. We're working harder than ever to expand our services!

Our Covid-19 Response: We paired up families with local volunteers so they need not travel to deliver their goods and face unhealthy exposure to a million germs waiting to attack them in the inconspicuous London Transport



GO FIGURE



STAKEHOLDERS:

Our Trustees

So, you want an inside peek. You'd like to be in the know and discover who are the masterminds behind the great work happening in our local community. So here goes:

Our trustees are members of the community, having grown up in similar circumstances, and are in close contact with disadvantaged children and their families.

Mr C M Muller

is a local member of the community who has made it his mission to help those in need. His experience as a trustee in Ezer Viznitz Foundation for the past 5 years, is a most vital contribution to the running of our charity.

Mr P Neiman is a up and coming board advisory! He recently has brought his unique set of analytical, and budgeting skills (we attribute them to his father who is a successful businessman) to the charity world and has been broadly recognised as a valuable trustee whose keen insight makes good work happen. Mr P Neiman serves as a trustee on three other local charities, yet somehow, we feel as if we are his only cause. Lucky us!

Mr Monderer grew up in charity work. He often recalls as a little child giving up his bedroom for homeless people until new living arrangements were put in place. With a youthful vigour he keeps on putting up our bar, inspiring us to reach new heights.

Ms B Merlin as a trustee ensure our board represents both male and females in the community. She has proven to be a vital member of the management committee contributing with an understanding of problems facing disadvantaged families.

We have a good team, you see. We're bound to make great things happen.



Our Volunteers

You guessed right. We don't just do good things; we pull the community right with us. We pride ourselves in being a volunteer led organisation, connecting to youth in the community. And believe it or not, our volunteers are so proud to be connected with us.

We believe this comes from our encouragement of volunteers meeting and chatting with our beneficiaries every once in a while, so that they see their impact for themselves. (Not even your favourite chocolate fills us up inside as much as doing a good deed and swallowing absorbing a new smile.)

We also keep our volunteers updated with progress of our projects - new developments or successful exits so that they understand the difference they have made in the lives of others.

We always try to match up volunteers with work they are most suited to so that volunteering is both easy and thrilling at the same time. We encourage volunteers at a project end to continue volunteering in the same way on a localised basis. For example, when we finished a skilled based toy session with disadvantaged children, we encouraged volunteers to repeat this session with a neighbour in need.

So Hackney is busy. We busy beehaving in a most benevolent way. That's honey sweet!

Our Funders

Things don't just happen by themselves; you know.

Some people will make good things happen (like the person who will change your broken lightbulb... well not quite; our funders do a lot, a lot more than that.) and we are so proud to partner with them.

Funders include:



THE HAPPY AND HEALTHY TRUST
Trustees' Annual Report (*continued*)
Year ended 31 December 2020

Financial Review

Total incoming resources were £73,719. Total resources expended were £76,401.

The financial results of the charity's activities for the year to 31 December 2020 are fully reflected in the attached Financial Statements together with the Notes thereon.

Reserve policy

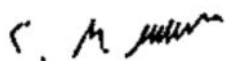
The trustees retain reserves as necessary and where appropriate, consolidate funds in order to make more substantial grants which they feel to be appropriate.

At 31 December 2020, the charity had free reserves of £11,346.

Future developments

There are no current plans to change the activities or modus operandi in the foreseeable future.

The trustees' annual report and the strategic report were approved on 15 October 2021 and signed on behalf of the board of trustees by:



Mr C M Muller
Trustee

THE HAPPY AND HEALTHY TRUST
Independent examiner's report to the trustees on the unaudited financial statements
Year ended 31 December 2020

Independent examiner's report to the trustees of The Happy and Healthy Trust ('the charity')

I report to the charity trustees on my examination of the financial statements of the charity for the period ending 31 December 2020.

Responsibilities and basis of report

As the charity's trustees you are responsible for the preparation of the financial statements in accordance with the requirements of the Charities Act 2011 ('the Act').

I report in respect of my examination of your charity's financial statements as carried out under section 145 of the 2011 Act. In carrying out my examination I have followed the 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 matters have come to my attention in connection with the examination giving me cause to believe:

- 1 accounting records were not kept in respect of the charity as required by section 130 of the Act; or
- 2 the financial statements do not accord with those records; or
- 3 the financial statements do not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a 'true and fair' view which is not a matter considered as part of an independent examination.

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 financial statements to be reached.



Stone & Co. Services Ltd
3 Norfolk Avenue
London
N15 6JX

15 October 2021

THE HAPPY AND HEALTHY TRUST
Statement of Financial Activities
Year ended 31 December 2020

	Note	2020		2019
		Unrestricted funds £	Total funds £	Total funds £
INCOME AND ENDOWMENTS				
Donations and legacies	4	73,719	73,719	44,912
Total income		<u>73,719</u>	<u>73,719</u>	<u>44,912</u>
EXPENDITURE				
Expenditure on charitable activities	5,6	(76,401)	(76,401)	(30,884)
Total expenditure		<u>(76,401)</u>	<u>(76,401)</u>	<u>(30,884)</u>
NET INCOME/(EXPENDITURE)		<u>(2,682)</u>	<u>(2,682)</u>	<u>14,028</u>
RECONCILIATION OF FUNDS				
Total funds brought forward		<u>14,028</u>	<u>14,028</u>	<u>-</u>
TOTAL FUNDS CARRIED FORWARD		<u>11,346</u>	<u>11,346</u>	<u>14,028</u>

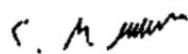
CONTINUING OPERATIONS

All income and expenditure has arisen from continuing activities.

THE HAPPY AND HEALTHY TRUST
Statement of Financial Position
Year ended 31 December 2020

	Notes	2020 £	2019 £
FIXED ASSETS			
Tangible fixed assets	8	20,475	24,089
CURRENT ASSETS			
Debtors	9	7,370	-
Cash at bank		3,678	1,428
		<u>11,048</u>	<u>1,428</u>
CREDITORS			
Amounts falling due within one year	10	<u>(20,177)</u>	<u>(11,489)</u>
NET CURRENT LIABILITIES		<u>(9,129)</u>	<u>(10,061)</u>
TOTAL ASSETS LESS CURRENT LIABILITIES		<u>11,346</u>	<u>14,028</u>
NET ASSETS		<u><u>11,346</u></u>	<u><u>14,028</u></u>
FUNDS			
Unrestricted funds		<u>11,346</u>	<u>14,028</u>
TOTAL FUNDS		<u><u>11,346</u></u>	<u><u>14,028</u></u>

The financial statements were approved by the Board of Trustees on 15 October 2021 and were signed on its behalf by:



Mr C M Muller

THE HAPPY AND HEALTHY TRUST

Notes to the financial statements

Year ended 31 December 2020

1 GENERAL INFORMATION

The charity is a public benefit entity and a registered charity in England and Wales and is unincorporated. The address of the principal office is 121 Clapton Common, London, E5 9AB.

2 STATEMENT OF COMPLIANCE

These financial statements have been prepared in compliance with FRS 102, 'The Financial Reporting Standard applicable in the UK and the Republic of Ireland', the Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (Charities SORP (FRS 102)) and the Companies Act 2006.

3 ACCOUNTING POLICIES

Basis of preparation

The financial statements have been prepared on the historical cost basis.

The financial statements are prepared in sterling, which is the functional currency of the entity.

Going concern

The outbreak of the Covid-19 pandemic in 2020 and the associated lockdown has had a negative impact on the global economy. The charity received funding to help them during this time and the Trustees are confident that the charity has sufficient reserves to be able to continue its charitable activities for the foreseeable future.

Judgements and key sources of estimation uncertainty

The preparation of the financial statements requires management to make judgements, estimates and assumptions that affect the amounts reported. These estimates and judgements are continually reviewed and are based on experience and other factors, including expectations of future events that are believed to be reasonable under the circumstances.

The Trustees do not consider there are any critical judgements or sources of estimation uncertainty requiring disclosure beyond the accounting policies listed below.

Fund accounting

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees. Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes. Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

Taxation

The charity is exempt from tax on its charitable activities.

Incoming resources

All income is recognised in the Statement of Financial Activities once the charity has entitlement to the funds; it is probable that the economic benefits associated with the transaction will flow to the charity and the amount can be reliably measured. Income from donations or grants is recognised when there is evidence of entitlement to the gift, receipt is probable and its amount can be measured reliably.

THE HAPPY AND HEALTHY TRUST
Notes to the Financial Statements (continued)
Year ended 31 December 2020

6 EXPENDITURE ON CHARITABLE ACTIVITIES BY ACTIVITY TYPE

	Direct Costs £	Support Costs £	Total Funds 2020 £	Total Funds 2019 £
Provision of food packages to disadvantaged people	40,153		40,153	-
Donations paid	19,090		19,090	28,244
Governance costs		17,158	17,158	2,640
	<u>59,243</u>	<u>17,158</u>	<u>76,401</u>	<u>30,884</u>

7 TRUSTEES' REMUNERATION AND BENEFITS

No salaries or wages have been paid to employees, including the trustees, during the year.

Trustees' expenses

The charity did not meet any individual expenses incurred by the trustees for services provided to the charity.

8 TANGIBLE FIXED ASSETS

	Fixtures and fittings £	Total £
Cost		
At 1 January 2020	25,810	25,810
Additions	-	-
At 31 December 2020	<u>25,810</u>	<u>25,810</u>
Depreciation		
At 1 January 2020	1,721	1,721
Charge for the period	3,614	3,614
At 31 December 2020	<u>5,335</u>	<u>5,335</u>
Carrying amount		
At 31 December 2020	<u>20,475</u>	<u>20,475</u>
At 31 December 2019	<u>24,089</u>	<u>24,089</u>

9 DEBTORS

	2020 £	2019 £
Other debtors	<u>7,370</u>	-
	<u>7,370</u>	<u>-</u>

THE HAPPY AND HEALTHY TRUST
Notes to the Financial Statements (continued)
Year ended 31 December 2020

10 CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2020	2019
	£	£
Other creditors	19,457	11,089
Accruals and deferred income	720	400
	<u>20,177</u>	<u>11,489</u>

11 ANALYSIS OF CHARITABLE FUNDS

Unrestricted funds

	At 1 January 2020	Income	Expenditure	At 31 December 2020
	£	£	£	£
General funds	<u>14,028</u>	<u>73,719</u>	<u>(76,401)</u>	<u>11,346</u>

	At 1 January 2019	Income	Expenditure	At 31 December 2019
	£	£	£	£
General funds	<u>-</u>	<u>44,912</u>	<u>(30,884)</u>	<u>14,028</u>

12 ANALYSIS OF NET ASSETS BETWEEN FUNDS

	Unrestricted Funds	Total Funds 2020
	£	£
Tangible fixed assets	20,475	20,475
Current assets	11,048	11,048
Creditors less than 1 year	<u>(20,177)</u>	<u>(20,177)</u>
	<u>11,346</u>	<u>11,346</u>

13 RELATED PARTY DISCLOSURES

There were no related party transactions for the period ending 31 December 2020.

