

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 Alpkitt. 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 |
|--------------------------------------|-------------|------------------|-----------------|-------------------------|-----------------|
| | | Unrestricted | Restricted | | |
| | | funds | funds | Total funds | Total funds |
| | Note | £ | | £ | £ |
| 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
Year ended 31 December 2021

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 |
|---------------------|----------------------|

Grants payable

These are only recognised in the accounts when a commitment has been made and there are no conditions to be met relating to the grant which remain in the control of the charity.

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 LEGACIES

| | Unrestricted Funds | Restricted Funds | Total Funds 2021 | Total funds 2020 |
|--------------------|-----------------------|---------------------|-----------------------------|---------------------|
| | £ | £ | £ | £ |
| Donations received | 105,278 | - | 105,278 | 73,719 |
| | <u>105,278</u> | <u>-</u> | <u>105,278</u> | <u>73,719</u> |

5 CHARITABLE ACTIVITIES

| | Unrestricted Funds | Restricted Funds | Total Funds 2021 | Total funds 2020 |
|-------------------|-----------------------|---------------------|-----------------------------|---------------------|
| | £ | £ | £ | £ |
| Grants receivable | 7,000 | 44,708 | 51,708 | - |
| | <u>7,000</u> | <u>44,708</u> | <u>51,708</u> | <u>-</u> |

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 | <u>7,370</u> | 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 | <u>1,440</u> | 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.