




OUT OF THE BOX

The Happy and Healthy Trust
Annual Report

2023

TABLE OF CONTENTS



01.

Opening statement

02.

Our mission, vision and goals

03-04.

Past and ongoing projects

05.

Our impact

06.

Future plans

07.

Hear from our beneficiaries

08.

Pictures

09.

Report of the trustees

10.

Independent examiner's report

11.

Statement of financial activities

12.

Statement of financial position

13-19.

Notes to financial statements



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.

TOAST TOGETHER



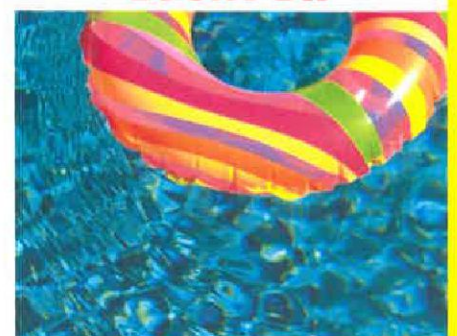
DINNER DREAMS



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.

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
		Unrestricted	Restricted	Total funds	Total funds
	Note	funds	funds		
		£		£	£
INCOME AND ENDOWMENTS					
Donations and grants	4	117,162	100,599	217,761	156,986
Total income		<u>117,162</u>	<u>100,599</u>	<u>217,761</u>	<u>156,986</u>
EXPENDITURE					
Expenditure on charitable activities	5,6	(98,104)	(81,355)	(179,459)	(150,451)
Total expenditure		<u>(98,104)</u>	<u>(81,355)</u>	<u>(179,459)</u>	<u>(150,451)</u>
NET INCOME/(EXPENDITURE)		<u>19,058</u>	<u>19,244</u>	<u>38,302</u>	<u>6535</u>
OTHER INCOME		11		11	-
PROFIT FOR THE YEAR		<u>19,069</u>	<u>19,244</u>	<u>38,313</u>	<u>6,535</u>
RECONCILIATION OF FUNDS					
Total funds brought forward		<u>17,881</u>	<u>-</u>	<u>17,881</u>	<u>11,346</u>
TOTAL FUNDS CARRIED FORWARD		<u>36,950</u>	<u>19,244</u>	<u>56,194</u>	<u>17,881</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		40,402	4,429
		<u>50,772</u>	<u>11,799</u>
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		22,824	3,580
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
Year ended 31 December 2022

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
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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 GRANTS

	Unrestricted Funds	Restricted Funds	Total Funds 2022	Total funds 2021
	£	£	£	£
Donations received	117,162	-	117,162	105,278
Grants received		100,599	100,599	51,708
	<u>117,162</u>	<u>100,599</u>	<u>217,761</u>	<u>156,986</u>

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>28,175</u>	<u>28,175</u>
 Depreciation		
At 1 January 2022	8,406	8,406
Charge for the period	2,965	2,965
At 31 December 2022	<u>11,371</u>	<u>11,371</u>
 Carrying amount		
At 31 December 2022	<u>16,804</u>	<u>16,804</u>
At 31 December 2021	<u>17,404</u>	<u>17,404</u>

9 DEBTORS

	2022	2021
	£	£
Other debtors	10,370	7,370
	<u>10,370</u>	<u>7,370</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>11,381</u>	<u>11,322</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	14,301	117,174	(98,104)	33,371

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

Designated funds

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

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

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	(11,381)	-	(11,381)
	33,371	22,824	56,195

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.co.uk

**LEGAL AND
ADMINISTRATIVE**

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

CHARITY NUMBER
1182927

BANKER
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