



# 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

Digital  
Futures  
Sessions

190

228

Cycling stronger  
sessions

toast  
together  
participants

96

Hours of  
volunteer  
service

500+

Volunteers

24

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.

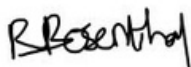
#### Independent examiner's statement

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**

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

		2023	2022
	Notes	£	£
<b>FIXED ASSETS</b>			
Tangible fixed assets	9	19,063	16,804
<b>CURRENT ASSETS</b>			
Debtors	10	46,432	10,370
Cash at bank		<u>29,287</u>	<u>40,402</u>
		75,719	50,772
<b>CREDITORS</b>			
Amounts falling due within one year	11	<u>(12,881)</u>	<u>(11,381)</u>
<b>NET CURRENT ASSETS</b>		<u>62,838</u>	<u>39,391</u>
<b>TOTAL ASSETS LESS CURRENT LIABILITIES</b>		<u>81,901</u>	<u>56,195</u>
<b>NET ASSETS</b>		<u><u>81,901</u></u>	<u><u>56,195</u></u>
<b>FUNDS</b>			
General funds		62,706	33,371
Designated funds		<u>19,195</u>	<u>22,824</u>
<b>TOTAL FUNDS</b>		<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	<b>Total Funds 2023</b>	Total funds 2022
	£	£	£	£
Donations received	241,064	-	<b>241,064</b>	117,162
Grants received	18,436	67,326	<b>85,762</b>	100,599
	<u>259,500</u>	<u>67,326</u>	<u><b>326,826</b></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	<b>15,000</b>
Groundwork London	<b>5,000</b>
Greater London Authority	<b>8,490</b>
Hackney Giving	<b>5,000</b>
The London Community Foundation	<b>9,996</b>
The National Lottery Awards For All	<b>10,000</b>
Small Grants and Contributions	<b>32,276</b>
Fundraising dinner	<b>28,564</b>
Local fundraising and networking within the community	<b>212,500</b>
	<u><b>326,826</b></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
<b>Cost</b>	<b>£</b>	<b>£</b>
At 1 January 2023	28,175	28,175
Additions	810	810
<b>At 31 December 2023</b>	<b>28,985</b>	<b>28,985</b>
<b>Depreciation</b>		
At 1 January 2023	11,371	11,371
Charge for the period	2,642	2,642
<b>At 31 December 2023</b>	<b>14,013</b>	<b>14,013</b>
<b>Carrying amount</b>		
<b>At 31 December 2023</b>	<b>14,972</b>	<b>14,972</b>
At 31 December 2022	16,804	16,804
	IT Equipment	Total
<b>Cost</b>	<b>£</b>	<b>£</b>
At 1 January 2023	-	-
Additions	6,106	6,106
<b>At 31 December 2023</b>	<b>6,106</b>	<b>6,106</b>
<b>Depreciation</b>		
At 1 January 2023	-	-
Charge for the period	2,015	2,015
<b>At 31 December 2023</b>	<b>2,015</b>	<b>2,015</b>
<b>Carrying amount</b>		
<b>At 31 December 2023</b>	<b>4,091</b>	<b>4,091</b>
At 31 December 2022	-	-

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

**10 DEBTORS**

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

**11 CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR**

	2023	2022
	£	£
Other creditors	9,881	9,881
Accruals and deferred income	<u>3,000</u>	<u>1,500</u>
	<u><u>12,881</u></u>	<u><u>11,381</u></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><u>62,706</u></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><u>33,371</u></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><u>19,195</u></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><u>22,824</u></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	-	<b>19,063</b>
Current assets	56,524	19,195	<b>75,719</b>
Creditors less than 1 year	(12,881)	-	<b>(12,881)</b>
	<u>62,706</u>	<u>19,195</u>	<u><b>81,901</b></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

