

# HEARTS AND HELPERS

England & Wales · Charity number 1183267

## Details

---

**Status** Registered

**Legal form** CIO

**Registered** 2019-05-07

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

## Contact

---

**Address** Hearts and Helpers  
Selby Centre  
Selby Road  
London  
N17 8JL

**Phone** 07377 385999

**Email** [info@heartsandhelpers.org](mailto:info@heartsandhelpers.org)

**Website** [www.heartsandhelpers.org](http://www.heartsandhelpers.org)

## Activities

---

**Objects:** TO RELIEVE POVERTY, ADVANCE EDUCATION AND PROMOTE AND PROTECT HEALTH FOR THE PUBLIC BENEFIT, IN PARTICULAR TO PROVIDE SUPPORT FOR THE HOMELESS AND THOSE WHO ARE DISPLACED OR DISADVANTAGED DUE TO THEIR SOCIAL OR ECONOMIC CIRCUMSTANCES IN PARTICULAR BUT NOT EXCLUSIVELY BY:1. PROVIDING BACKPACKS FILLED WITH VARIOUS LIFE CHANGING NECESSITIES;2. PROVIDING COUNSELLING & RELIEF SERVICES THROUGH THE USE OF MEDIATION AND SPECIFICALLY DESIGNED EDUCATIONAL WORKSHOPS

**Activities:** Working with communities across London, our mission is to provide essential goods and services to positively impact the lives of vulnerable people affected by all levels of homelessness.

## Classification

---

- **How:** Provides Services, Provides Advocacy/advice/information
- **What:** General Charitable Purposes, Education/training, The Advancement Of Health Or Saving Of Lives, Disability, The Prevention Or Relief Of Poverty
- **Who:** The General Public/mankind

## Geography

- Throughout England

## Finances

Period end	Income	Expenditure	Assets	Employees
2025-02-28	£54,535	£25,008	-	-
2024-02-29	£10,021	£22,203	-	-
2023-02-28	£25,797	£52,637	-	-
2022-02-28	£106,892	£73,220	-	-
2021-02-28	£28,025	£20,113	-	-

## Trustees

Name	Role	Appointed
Jubedul Miah		2019-01-01
Lois Anderson		2023-04-25
Mark Hutchings		2019-01-01

**HEARTS AND HELPERS**

England & Wales - Charity number 1183267

---

# Accounts

---

# **HEARTS AND HELPERS**

**Charity Incorporated Organisation (C.I.O)**

## **Financial Statements**

**For the period ended**

**28<sup>th</sup> February 2025**

**Registered Charity No: 1183267**

# **HEARTS AND HELPERS**

Year Ended 28<sup>th</sup> February 2025

## **Principal address:**

The Selby Centre  
Selby Road  
London  
N17 8JL

## **Trustees/Committee Members:**

Lois Anderson  
Jubedul Miah  
Mark Hutchings

## **Governing document**

The organisation is operated under the rules of its constitution.

## **Accountant:**

TACTS Accountant  
Chartered Certified Accountant  
61 Fountains Crescent  
London, N14 6BD

## **Bank:**

Barclays

**HEARTS AND HELPERS**  
**FINANCIAL ACCOUNTS**  
**FOR YEAR ENDED 28<sup>th</sup> FEBRUARY 2025**

**CONTENTS**

**Pages**

- 4-7. Trustees Report**
- 8. Independent Examination Report**
- 9. Income and Expenditure**
- 10. Balance Sheet**
- 11-13. Notes to the Accounts**

# **HEARTS AND HELPERS**

Year Ended 28<sup>th</sup> February 2025

## **Annual Trustees' Report**

The committee are pleased to present the financial report for the period ended 28<sup>th</sup> February 2025, the first accounting period of the Charitable Incorporated Organisation.

## **Structure, Governance and management**

Hearts and Helpers is a charitable Incorporated Organisation (CIO), registered with the Charity Commission and governed by its constitution, dated 07<sup>th</sup> May 2019.

If the CIO is wound up, the members of the CIO have no liability to contribute to its assets and no personal responsibility for settling its debts and liabilities.

The affairs of the charity are managed on a day-to-day basis by the trustees, who may exercise all the powers of the CIO.

The trustees of served during the year are shown on page 2 of this report.

## **Appointment of Trustees**

In accordance with the terms of the constitution, there must be at least three charity trustees. If the number falls below the minimum, the remaining trustees can act only to call a meeting of the trustees or appoint a new trustee.

The charity trustees may not appoint any charity trustee if as a result the number of charity trustees would exceed the maximum.

Each new trustee is given a copy of the constitution and the latest trustees' annual report and accounts, on or before appointment.

## **Charitable Objects**

TO RELIEVE POVERTY, ADVANCE EDUCATION AND PROMOTE AND PROTECT HEALTH FOR THE PUBLIC BENEFIT, IN PARTICULAR TO PROVIDE SUPPORT FOR THE HOMELESS AND THOSE WHO ARE DISPLACED OR DISADVANTAGED DUE TO THEIR SOCIAL OR ECONOMIC CIRCUMSTANCES IN PARTICULAR BUT NOT EXCLUSIVELY BY: 1. PROVIDING BACKPACKS FILLED WITH VARIOUS LIFE CHANGING NECESSITIES; 2. PROVIDING COUNSELLING & RELIEF SERVICES THROUGH THE USE OF MEDIATION AND SPECIFICALLY DESIGNED EDUCATIONAL WORKSHOPS.

## **Objectives and Achievements**

### **Main objectives:**

- To support people, within our community, affected by homelessness and insecure housing with essential goods and services to create long term stability.
- Address the negative impact of poverty and homelessness on the mental health and wellbeing of our beneficiaries by offering workshops, community activities, and safe spaces for them to access.

- Provide rough sleepers with essential goods and services to ease day to day struggles.
- Provide former rough sleepers and those on a low income, with support when transitioning to a new accommodation.
- Ensure the long-term infrastructure and funding of our charity, so that we can support our beneficiary's long term.

***To fulfil our objectives, we conducted the following:***

- Provided workshops designed to boost mental health and wellbeing.
- Maintained and improved our wellbeing allotment spaces.
- Provided rough sleepers with day-to-day essentials including coats, hygiene kits and footwear.
- Supported former rough sleepers to transition into longer term accommodation by providing white goods, furniture, soft furnishes and home starter kits.
- Supported households in temporary accommodation (hotels, hostels etc,) with everyday needs (food, hygiene kits and relief in our allotment spaces.)
- Supported low-income households, once housed, by providing white goods, furniture, soft furnishes and home starter kits.
- Provided a consistent food parcel delivery service for low-income households.
- Provided holiday support for low-income households and families fleeing domestic abuse over the Christmas period.
- Engaged in support with Enfield Voluntary action to improve our case for support and funding.
- Increased our volunteer base.
- Engaged in robust staff training to improve our services
- Actively fundraised to support charity infrastructure.
- Ensured all outputs and outcomes are met for the year.

**Achievements, performance and reporting on its public benefit:**

- Secured grant funding with the Lottery Reaching Communities fund to provide wellbeing services for 3 years.
- In December 2025, we launched a consistent wellbeing service based in our allotment spaces, offering holistic support to our beneficiaries three days a week. This includes two dedicated employees who facilitate sessions, supported by a mentor. Their commitment ensures a reliable service, where beneficiaries can enjoy the benefits of being outdoors, engage in wellbeing activities and access mentor support.

- We refurbished an indoor space to ensure continuity of support during periods of poor weather. This ensures our beneficiaries continue to have access to consistent activities and engagement all year round.
- 64 clients supported within workshops to support wellbeing and mental health.
- 38 rough sleepers provided with day-to-day essentials, footwear, coats, and health care packages.
- Conducted a volunteer led trainer drive to collect footwear and essentials for rough sleepers. Cleaned and distributed 43 pairs of footwear to the rough sleeper community.
- 3 rough sleepers assisted with an application for supported accommodation.
- Supported 21, low income, recently rehoused, households with white-goods and furniture.
- Provided a consistent food bank service with a minimum of 1 collection sessions a week. Providing for 120+ households approx 350 beneficiaries.
- Provided hot meals on Christmas day for 9 families staying in hostels.
- Recognised with a 'Community Partners' Award from Oasis Hub Hadley for the second year in a row.
- Pursued a robust volunteer and staff training programme included safeguarding, health and safety, domestic abuse awareness, homelessness and mental health.

### **Reserves policy and going concern**

The Board has assessed the charity's requirements for reserves considering the main risks to the organisation. As a result, the Board has approved policy whereby unrestricted funds not otherwise committed should be held in reserve and maintained at a level which ensures that Hearts and Helpers' core activity could continue during a period of unforeseen difficulty. The target reserve amount represents at least 6 months' (26 weeks) expenditure and is reviewed annually.

At present, the reserves are below the target level. The Board acknowledges this shortfall and is committed to addressing it. Efforts are being made by both the Board and staff to improve the reserves position through a combination of cost controls, increased fundraising efforts, and strategic income development. These measures are aimed at strengthening the organisation's financial resilience and ensuring the long-term sustainability of its work.

### **Risk management**

The trustees have a risk management strategy which comprises:

- an annual review of the principal risks and uncertainties that the charity undertakes.
- the establishment of policies, systems and procedures to mitigate those risks identified in the annual review; and
- the implementation of procedures designed to minimise or manage any potential impact on the charity should those risks materialise.

The Trustees constantly review risks relevant to the charity. Any risks identified are reported to the Trustees and decisions made on how to minimise risk.

### **Trustees and their responsibilities**

Charity trustees are the people who serve on the governing body of a charity. They may be known as trustees, directors, board members, governors or committee members. The principles and main duties are the same in all cases. Trustees have, and must accept, ultimate responsibility for directing the affairs of a charity, and ensuring that it is solvent, well-run, and meeting the needs for which it has been set up.

### **Our volunteers**

Hearts and Helpers is very involved in the community and relies on voluntary help. Around 21 volunteers assisted with our on-going activities. We wish to thank our volunteers for their loyal support and contribution.

### **Future plan**

The charity is planning to recruit more trustees to strengthen governance. We will continue delivering on the Big Lottery Reaching Communities project and are committed to successfully delivering all project activities in the forthcoming years. In addition, we will continue to apply for funding to sustain the organisation's activities. We are pleased to report that we have secured funding to improve and provide consistent outreach services. This funding will enable us to deliver essential support to impoverished households by supplying food and home essential items on a regular basis. These efforts reflect our ongoing commitment to addressing immediate community needs while building a more sustainable future for our organisation.

Signed on behalf of all members,

A handwritten signature in black ink, appearing to read 'J Miah', written in a cursive style.

J Miah  
(Trustee)

Date: 23/05/2025

## **Independent examiner's report to the trustees of Hearts and Helpers.**

I report on the accounts of the Trust for the year ended 28<sup>th</sup> February 2025, which are set out on pages 9 to 13.

### **Respective responsibilities of trustees and examiner**

The charity's trustees are responsible for the preparation of the accounts. The charity's trustees consider that an audit is not required for this year under section 144(2) of the Charities Act 2011 (the 2011 Act) and that an independent examination is needed.

It is my responsibility to:

- examine the accounts under section 145 of the 2011 Act;
- to follow the procedures laid down in the general Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act; and
- to state whether particular matters have come to my attention.

### **Basis of independent examiner's report**

My examination was carried out in accordance with the general Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts and seeking explanations from you as trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit and consequently no opinion is given as to whether the accounts present a 'true and fair view' and the report is limited to those matters set out in the statement below.

### **Independent examiner's statement**

In connection with my examination, no matter has come to my attention:

(1) which gives me reasonable cause to believe that in any material respect the requirements:

- to keep accounting records in accordance with section 130 of the 2011 Act; and
- to prepare accounts which accord with the accounting records and comply with the accounting requirements of the 2011 Act

have not been met; or

(2) to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

Date: 23/05/2025

*Tacts Accountant*

Chartered Certified Accountant

TACTS Accountant, 61 Fountains Crescent, London, N14 6BD

**HEARTS AND HELPERS**  
**INCOME AND EXPENDITURE FOR THE PERIOD ENDING 28TH FEBRUARY 2025**

	<u>Unrestricted</u> <u>Funds</u> £	<u>Restricted</u> <u>Funds</u> £	<u>Funds</u> <u>2025</u> £	<u>Funds</u> <u>2024</u> £
<b><u>INCOMING RESOURCES</u></b>				
Donation	1,976	-	1,976	21
<b>Income from Charitable Activities:</b>				
The National Lottery Community Fund	-	-	-	10,000
Big Lottery Reaching Communities Fund	-	32,059	<b>32,059</b>	-
Hubbub Foundation	-	5,000	<b>5,000</b>	-
The Neighbourly Foundation	-	10,500	<b>10,500</b>	-
The Foyle Foundation	5,000	-	<b>5,000</b>	-
<b>TOTAL INCOMING RESOURCES</b>	<b><u>6,976</u></b>	<b><u>47,559</u></b>	<b><u>54,535</u></b>	<b><u>10,021</u></b>
<b><u>RESOURCES EXPENDED</u></b>				
<b>Charitable Expenditure</b>				
Sessional Workers & Staff Cost	-	9,057	<b>9,057</b>	9,509
Community Activities and Events	-	3,692	<b>3,692</b>	3,242
Storage & Allotments Costs	-	1,059	<b>1,059</b>	2,302
Office Rent and Venue Hire	-	3,297	<b>3,297</b>	1,062
Utilities	-	-	-	221
Office and Admin Expenses	-	579	<b>579</b>	869
Professional & Consultancy Fees	995	889	<b>1,884</b>	1,530
Publicity and Advertisement	-	90	<b>90</b>	231
Volunteer Expenses	-	502	<b>502</b>	295
Travel and Transport	1,343	606	<b>1,949</b>	844
Insurance	-	239	<b>239</b>	945
Renovation and Maintenance	2,077	-	<b>2,077</b>	736
Depreciation	583	-	<b>583</b>	416
<b>TOTAL RESOURCES EXPENDED</b>	<b><u>4,998</u></b>	<b><u>20,010</u></b>	<b><u>25,008</u></b>	<b><u>22,203</u></b>
<b>Net Incoming/Outgoing resources</b>	<b><u>1,978</u></b>	<b><u>27,549</u></b>	<b><u>29,527</u></b>	<b><u>(12,182)</u></b>
<b>FUNDS BROUGHT FORWARD</b>	<b><u>1,752</u></b>	<b><u>-</u></b>	<b><u>1,752</u></b>	<b><u>13,934</u></b>
<b>FUNDS CARRIED FORWARD</b>	<b><u>3,730</u></b>	<b><u>27,549</u></b>	<b><u>31,279</u></b>	<b><u>1,752</u></b>

There were no recognised gains or losses for the above period other than those shown in the income and expenditure for the above financial year. All incoming resources and resources expended are derived from continuing activities.

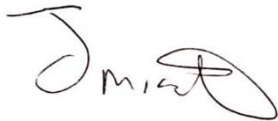
(The notes attached form part of these financial statements)

**HEARTS AND HELPERS**  
**BALANCE SHEET AS AT 28th FEBRUARY 2025**

	Notes	<u>2025</u> £	<u>2024</u> £
<b>Fixed Assets</b>			
Tangible assets	(6)	416	999
<b>Current Assets:</b>			
Debtor	(10)	1,380	1,380
Cash at Bank and In Hand		32,319	2,113
<b>Current Liabilities:</b>			
<b>Creditors:</b>			
Amount falling due within one year	(9)	2,836	2,740
<b>Net Currents Assets</b>		<u>30,863</u>	<u>753</u>
<b>Net Assets</b>		<u>31,279</u>	<u>1,752</u>
<b>As Represented By</b>			
Unrestricted Fund		3,730	1,752
Restricted Fund	(8)	27,549	-
<b>Total Funds</b>		<u>31,279</u>	<u>1,752</u>

(The notes form part of this account)

The accounts were approved by the Committee Members on 23/05/2025 and signed on their behalf by: -



.....

(Trustee)  
J Miah

# HEARTS AND HELPERS

## Year Ended 28<sup>th</sup> February 2025

### Notes to the accounts

#### **ACCOUNTING POLICIES**

The principal accounting policies adopted, judgements and key sources of estimation uncertainty in the preparation of the financial statements are as follows:

a) Basis of preparation

The financial statements have been prepared in accordance with 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 2015) - (Charities SORP (FRS 102)), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Companies Act 2006. Hearts and Helpers meets the definition of a public benefit entity under FRS 102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy note(s).

b) Preparation of the accounts on a going concern basis

The Charity trustees are of the view that measures taken subsequent to the year-end to reduce operating costs and successful in applying for continuation funding have secured the immediate future of the Charity for the next 12 to 18 months and that on this basis the charity is a going concern.

#### **1. Cash Flow Statement**

The trustees have taken advantage of the exemption in Financial Reporting Standard No 1 (revised) from including a cash flow statement in the financial statements on the grounds that the charity is small.

#### **2. Incoming Resources**

Income is recognised in the period to which it relates, unless specified otherwise by the funder. Project funding is, in general, repayable if not expended within the relevant project. Such income is only recognised to the extent that it ceases to be repayable. The income is accounted for on a receivable basis.

#### **3. Resource Expended**

Resources expended are included in the Statement of Financial Activities inclusive of VAT which cannot be recovered. Direct charitable expenditure includes the direct costs of the activities. Where such costs relate to more than one functional cost category, they have been apportioned in line with the direct costs of the relevant service.

## Notes to the accounts (Cont.)

### 4. Support Cost

Allocation of support costs are those functions that assist the work of the charity but do not directly undertake charitable activities. Support costs include back-office costs, finance, personnel, and governance costs which support the Charity activities. These costs have been allocated between cost of raising funds and expenditure on charitable activities. The bases on which support costs have been allocated are set out in note 11.

### 5. Taxation

Hearts and Helpers is a registered charity and is not liable for corporation tax on its income under section 505 of the Income and Corporation Taxes Act 1988 to the extent that it is applied to its charitable activities.

### 6. Tangible fixed assets

Fixed assets are stated at cost less accumulated depreciation. Depreciation is provided to write off the cost, of all fixed assets over their expected useful life as follows: -

Fixtures and Fittings	-	20 % straight line
Plant and Machinery	-	20 % straight line

	Fixtures and Fittings	Plant & Machinery	Total
Cost	£	£	£
At Cost	425	1,655	2,080
Carried Forward	<u>425</u>	<u>1,655</u>	<u>2,080</u>
<b>Depreciation</b>			
Brought forward	255	826	1,081
Charge for the year	<u>85</u>	<u>498</u>	<u>583</u>
Carried Forward	<u>340</u>	<u>1,324</u>	<u>1,664</u>
<b>Net Book Value</b>			
As At February 2025	<u>85</u>	<u>331</u>	<u>416</u>
As At February 2024	<u>170</u>	<u>829</u>	<u>999</u>

### 7. Reserves

The Unrestricted Funds are expendable at the discretion of the trustees in furtherance of the objects of the charity.

	Unrestricted funds reserve	Restricted funds reserve	Total
	£	£	£
At 1st March 2024	1,752	-	1,752
Surplus/(Deficit) for the year	1,978	27,549	29,527
Transfers between funds	<u>-</u>	<u>-</u>	<u>-</u>
At 28th February 2025	<u>3,730</u>	<u>27,549</u>	<u>31,279</u>

## Notes to the account (Cont....)

### 8. Analysis of Restricted Fund Balance

	Balance at 1st March 2024	Incoming resources	Outgoing resources	Balance at 28th February 2025
	£	£	£	£
Big Lottery Reaching Communities	-	32,059	12,542	19,517
Hubbub Foundation	-	5,000	5,000	-
The Neighbourly Foundation	-	10,500	2,468	8,032
	<u>-</u>	<u>47,559</u>	<u>20,010</u>	<u>27,549</u>

#### Purpose of Restricted Fund:

To support mental health and wellbeing and tackling cost of living crisis.

### 9. CREDITORS (ACCRUALS)

	2025	2024
	£	£
Professional Fees	785	785
Other Creditors	2,051	1,955
	<u>2,836</u>	<u>2,740</u>

### 10. Debtors

	2025	2024
	£	£
Other debtors	1,380	1,380

### 11. Support and Governance cost

	General Support	Governance	Total
	£	£	£
Office and Administration Cost	579	-	579
Professional fees	1,099	785	1,884
Insurance	-	239	239
Renovation and Maintenance	2,077	-	2,077
Depreciation	583	-	583
	<u>4,338</u>	<u>1,024</u>	<u>5,362</u>

### 12. Staff and Sessional Workers

Total staff and sessional workers costs were £9,057 (£9,509 in 23-24) in this financial year.

There were 2 part-time employees on payroll and 2 self-employed workers.

Trustees are not remunerated.

**HEARTS AND HELPERS**

England & Wales - Charity number 1183267

---

# Accounts

---

# **HEARTS AND HELPERS**

**Charity Incorporated Organisation (C.I.O)**

## **Financial Statements**

**For the period ended**

**29<sup>th</sup> February 2024**

**Registered Charity No: 1183267**

# **HEARTS AND HELPERS**

Year Ended 29<sup>th</sup> February 2024

## **Principal address:**

The Selby Centre  
Selby Road  
London  
N17 8JL

## **Trustees/Committee Members:**

Lois Anderson  
Jubedul Miah  
Mark Hutchings

## **Governing document**

The organisation is operated under the rules of its constitution.

## **Accountant:**

TACTS Accountant  
Chartered Certified Accountant  
61 Fountains Crescent  
London, N14 6BD

## **Bank:**

Barclays

**HEARTS AND HELPERS**  
**FINANCIAL ACCOUNTS**  
**FOR YEAR ENDED 29<sup>th</sup> FEBRUARY 2024**

**CONTENTS**

**Pages**

- 4-7. Trustees Report**
- 8. Accountant's Report**
- 9. Income and Expenditure**
- 10. Balance Sheet**
- 11-13. Notes to the Accounts**

# **HEARTS AND HELPERS**

Year Ended 29<sup>th</sup> February 2024

## **Annual Report**

The committee are pleased to present the financial report for the period ended 29<sup>th</sup> February 2024, the first accounting period of the Charitable Incorporated Organisation.

## **Structure, Governance and management**

Hearts and Helpers is a charitable Incorporated Organisation (CIO), registered with the Charity Commission and governed by its constitution, dated 07<sup>th</sup> May 2019.

If the CIO is wound up, the members of the CIO have no liability to contribute to its assets and no personal responsibility for settling its debts and liabilities.

The affairs of the charity are managed on a day-to-day basis by the trustees, who may exercise all the powers of the CIO.

The trustees of served during the year are shown on page 2 of this report.

## **Appointment of Trustees**

In accordance with the terms of the constitution, there must be at least three charity trustees. If the number falls below the minimum, the remaining trustees can act only to call a meeting of the trustees or appoint a new trustee.

The charity trustees may not appoint any charity trustee if as a result the number of charity trustees would exceed the maximum.

Each new trustee is given a copy of the constitution and the latest trustees' annual report and accounts, on or before appointment.

## **Charitable Objects**

TO RELIEVE POVERTY, ADVANCE EDUCATION AND PROMOTE AND PROTECT HEALTH FOR THE PUBLIC BENEFIT, IN PARTICULAR TO PROVIDE SUPPORT FOR THE HOMELESS AND THOSE WHO ARE DISPLACED OR DISADVANTAGED DUE TO THEIR SOCIAL OR ECONOMIC CIRCUMSTANCES IN PARTICULAR BUT NOT EXCLUSIVELY BY: 1. PROVIDING BACKPACKS FILLED WITH VARIOUS LIFE CHANGING NECESSITIES; 2. PROVIDING COUNSELLING & RELIEF SERVICES THROUGH THE USE OF MEDIATION AND SPECIFICALLY DESIGNED EDUCATIONAL WORKSHOPS.

## **Objectives, Activities and Achievements**

### **Main objectives:**

- To support people, within our community, affected by homelessness and insecure housing with essential goods and services to create long term stability.
- Address the negative impact of poverty and homelessness on the mental health and wellbeing of our beneficiaries by offering workshops, community activities, and safe spaces for them to access.
- Provide rough sleepers with essential goods and services to ease day to day struggles.
- Provide former rough sleepers and those on a low income, with support when transitioning to a new accommodation.
- Ensure the long-term infrastructure and funding of our charity, so that we can support our beneficiary's long term.

### **Main activities:**

To fulfil our objectives, we conducted the following:

- Improved and finished our wellbeing allotment spaces.
- Provided workshops designed to boost mental health and wellbeing.
- Provided rough sleepers with day-to-day essentials including coats, hygiene kits and footwear.
- Supported former rough sleepers to transition into longer term accommodation by providing white goods, furniture, soft furnishes and home starter kits.
- Supported households in temporary accommodation (hotels, hostels etc.) with everyday needs (food, hygiene kits and relief in our allotment spaces.)
- Supported low-income households, once housed, by providing white goods, furniture, soft furnishes and home starter kits.
- Provided a consistent food parcel delivery service for low-income households.
- Provided holiday support for low-income households and families fleeing domestic abuse over the Christmas period.
- Engaged in support with Enfield Voluntary action to improve our case for support and funding.
- Community drives to support our rough sleeper outreach work.

***Achievements and performance, including reporting on its public benefit:***

- 156 clients supported within workshops to support wellbeing and mental health.
- 220+ rough sleepers provided with day-to-day essentials, footwear, coats, and health care packages.
- 4 volunteer led trainer drives to collect footwear and essentials for rough sleepers. This included 180 coats, and 263 pairs of trainers.
- 5 rough sleepers assisted with an application for supported accommodation.
- Supported 27, low income, recently rehoused households with white-goods and furniture.
- 150+ households supported with consistent food parcels throughout the year.
- 430kg of vegetables grown and provided to low-income households.
- Applied for 18 funding bids to secure the charities long term stability.
- Recognised with a 'Community Partners' Award from Oasis Hub Hadley.

**Reserves policy and going concern**

The Board has assessed the charity's requirements for reserves in the light of the main risks to the organisation. As a result, the Board has approved a policy whereby the unrestricted funds not committed, should be held in reserve and maintained at a level which ensures that Hearts and Helper's core activity could continue during a period of unforeseen difficulty. The target reserve amount represents at least 6 months' (26 weeks) expenditure and will be reviewed annually.

**Risk management**

The trustees have a risk management strategy which comprises:

- an annual review of the principal risks and uncertainties that the charity undertakes.
- the establishment of policies, systems and procedures to mitigate those risks identified in the annual review; and
- the implementation of procedures designed to minimise or manage any potential impact on the charity should those risks materialise.

The Trustees constantly review risks relevant to the charity. Any risks identified are reported to the Trustees and decisions made on how to minimise risk.

### **Trustees and their responsibilities**

Charity trustees are the people who serve on the governing body of a charity. They may be known as trustees, directors, board members, governors or committee members. The principles and main duties are the same in all cases.

Trustees have, and must accept, ultimate responsibility for directing the affairs of a charity, and ensuring that it is solvent, well-run, and meeting the needs for which it has been set up.


### **Our volunteers**

Hearts and Helpers is very involved in the community and relies on voluntary help. Around 20 volunteers assisted with our on-going activities. We wish to thank our volunteers for their loyal support and contribution.

### **Future plan**

The charity is planning to recruit more trustees to strengthen governance. We have been successful with the Big Lottery Reaching Community grant and we are looking forward to successfully deliver on this project activities for the forthcoming years. We will continue to apply for funding to sustain the organisation activities.

Signed on behalf of all members,

A handwritten signature in black ink, appearing to read 'J Miah', with a stylized flourish at the end.

J Miah  
(Trustee)  
Date: 26/11/2024

## **ACCOUNTANT'S REPORT**

### **Hearts and Helpers for the year ended 29<sup>th</sup> February 2024**

In accordance with your instructions, we have compiled these accounts in order to fulfil your statutory responsibilities from the accounting records, information and explanation supplied to us.

It is your duty to ensure that Hearts and Helpers has kept adequate accounting records and to prepare statutory financial statements that give a true and fair view of the assets, liabilities, financial position and surplus of Hearts and Helpers.

We have not been instructed to carry out an audit/independent examination or a review of the financial statements of Hearts and Helpers due the in income below the threshold of £25,000. For this reason, we have not verified the accuracy or completeness of the accounting records or information and explanations you have given to us and we do not, therefore, express any opinion on the statutory financial statements.



TACTS Accountant  
Chartered Certified Accountant  
61 Fountains Crescent  
London  
N14 6BD

Date: 26/11/2024

**HEARTS AND HELPERS**  
**INCOME AND EXPENDITURE FOR THE PERIOD ENDING 29TH FEBRUARY 2024**

	<u>Unrestricted</u> <u>Funds</u> £	<u>Restricted</u> <u>Funds</u> £	<u>Funds</u> <u>2024</u> £	<u>Funds</u> <u>2023</u> £
<b><u>INCOMING RESOURCES</u></b>				
Donation	21	-	21	10,021
<b>Income from Charitable Activities:</b>				
The National Lottery Community Fund	-	10,000	10,000	-
Enfield Neighbourhood Fund	-	-	-	15,776
<b>TOTAL INCOMING RESOURCES</b>	<b>21</b>	<b>10,000</b>	<b>10,021</b>	<b>25,797</b>
<b><u>RESOURCES EXPENDED</u></b>				
<b>Charitable Expenditure</b>				
Sessional Workers & Staff Cost	5,009	4,500	9,509	16,121
Community Activities and Events	-	3,242	3,242	6,213
Storage & Allotments Costs	-	2,302	2,302	15,666
Office Rent and Venue Hire	92	970	1,062	5,681
Utilities	221	-	221	587
Office and Admin Expenses	869	-	869	8
Professional Fees	1,530	-	1,530	1,744
Publicity and Advertisement	-	231	231	78
Volunteer Expenses	295	-	295	-
Travel and Transport	844	-	844	2,118
Insurance	-	945	945	459
Renovation and Maintenance	-	736	736	3,546
Depreciation	416	-	416	416
<b>TOTAL RESOURCES EXPENDED</b>	<b>9,276</b>	<b>12,927</b>	<b>22,203</b>	<b>52,637</b>
<b>Net Incoming/Outgoing resources</b>	<b>(9,255)</b>	<b>(2,927)</b>	<b>(12,182)</b>	<b>(26,840)</b>
<b>FUNDS BROUGHT FORWARD</b>	<b>11,007</b>	<b>2,927</b>	<b>13,934</b>	<b>40,774</b>
<b>FUNDS CARRIED FORWARD</b>	<b>1,752</b>	<b>-</b>	<b>1,752</b>	<b>13,934</b>

There were no recognised gains or losses for the above period other than those shown in the income and expenditure for the above financial year. All incoming resources and resources expended are derived from continuing activities.

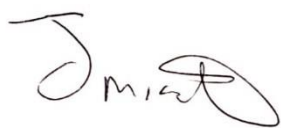
(The notes attached form part of these financial statements)

**HEARTS AND HELPERS**  
**BALANCE SHEET AS AT 29TH FEBRUARY 2024**

	Notes	<u>2024</u> £	<u>2023</u> £
<b>Fixed Assets</b>			
Tangible assets	(6)	999	1,415
<b>Current Assets:</b>			
Debtor	(10)	1,380	-
Cash at Bank and In Hand		2,113	13,410
<b>Current Liabilities:</b>			
<b>Creditors:</b>			
Amount falling due within one year	(9)	2,740	891
<b>Net Currents Assets</b>		<u>753</u>	<u>12,519</u>
<b>Net Assets</b>		<u>1,752</u>	<u>13,934</u>
<b>As Represented By</b>			
Unrestricted Fund		1,752	11,007
Restricted Fund	(8)	-	2,927
<b>Total Funds</b>		<u>1,752</u>	<u>13,934</u>

(The notes form part of this account)

The accounts were approved by the Committee Members on 26/11/2024 and signed on their behalf by: -



.....

(Trustee)  
J Miah

# HEARTS AND HELPERS

## Year Ended 29<sup>th</sup> February 2024

### Notes to the accounts

#### ACCOUNTING POLICIES

The principal accounting policies adopted, judgements and key sources of estimation uncertainty in the preparation of the financial statements are as follows:

a) Basis of preparation

The financial statements have been prepared in accordance with 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 2015) - (Charities SORP (FRS 102)), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Companies Act 2006. Hearts and Helpers meets the definition of a public benefit entity under FRS 102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy note(s).

b) Preparation of the accounts on a going concern basis

The Charity trustees are of the view that measures taken subsequent to the year-end to reduce operating costs and successful in applying for continuation funding have secured the immediate future of the Charity for the next 12 to 18 months and that on this basis the charity is a going concern.

#### 1. Cash Flow Statement

The trustees have taken advantage of the exemption in Financial Reporting Standard No 1 (revised) from including a cash flow statement in the financial statements on the grounds that the charity is small.

#### 2. Incoming Resources

Income is recognised in the period to which it relates, unless specified otherwise by the funder. Project funding is, in general, repayable if not expended within the relevant project. Such income is only recognised to the extent that it ceases to be repayable. The income is accounted for on a receivable basis.

#### 3. Resource Expended

Resources expended are included in the Statement of Financial Activities inclusive of VAT which cannot be recovered. Direct charitable expenditure includes the direct costs of the activities. Where such costs relate to more than one functional cost category, they have been apportioned in line with the direct costs of the relevant service.

## Notes to the accounts (Cont.)

### 4. Support Cost

Allocation of support costs are those functions that assist the work of the charity but do not directly undertake charitable activities. Support costs include back-office costs, finance, personnel, and governance costs which support the Charity activities. These costs have been allocated between cost of raising funds and expenditure on charitable activities. The bases on which support costs have been allocated are set out in note 11.

### 5. Taxation

Hearts and Helpers is a registered charity and is not liable for corporation tax on its income under section 505 of the Income and Corporation Taxes Act 1988 to the extent that it is applied to its charitable activities.

### 6. Tangible fixed assets

Fixed assets are stated at cost less accumulated depreciation. Depreciation is provided to write off the cost, of all fixed assets over their expected useful life as follows: -

Fixtures and Fittings	-	20 % straight line
Plant and Machinery	-	20 % straight line

	Fixtures and Fittings	Plant & Machinery	Total
Cost	£	£	£
At Cost	425	1,655	2,080
Carried Forward	<u>425</u>	<u>1,655</u>	<u>2,080</u>
<b>Depreciation</b>			
Brought forward	170	495	665
Charge for the year	85	331	416
Carried Forward	<u>255</u>	<u>826</u>	<u>1,081</u>
<b>Net Book Value</b>			
As At February 2024	<u>170</u>	<u>829</u>	<u>999</u>
As At February 2023	<u>255</u>	<u>1,160</u>	<u>1,415</u>

### 7. Reserves

The Unrestricted Funds are expendable at the discretion of the trustees in furtherance of the objects of the charity.

	Unrestricted funds reserve	Restricted funds reserve	Total
	£	£	£
At 1st March 2023	11,007	2,927	13,934
Surplus/(Deficit) for the year	(9,255)	(2,927)	(12,182)
Transfers between funds	-	-	-
At 29th February 2024	<u>1,752</u>	<u>-</u>	<u>1,752</u>

**HEARTS AND HELPERS**  
Year Ended 29<sup>th</sup> February 2024

**Notes to the accounts (Cont.)**

**8. Analysis of Restricted Fund**

	Balance 1st March 2023	Incoming resources	Outgoing resources	Balance 29th Feb 2024
	£	£	£	£
Enfield Neighbourhood Fund	2,927	-	2,927	-
National Lottery Com. Fund	-	10,000	10,000	-
	<b>2,927</b>	<b>10,000</b>	<b>12,927</b>	<b>-</b>

**Purpose of Restricted Fund:**

To support mental health and wellbeing and tackling cost of living crisis.

**9. CREDITORS (ACCRUALS)**

	2024	2023
	£	£
Professional Fees	785	-
Other Creditors	1,955	891
	<b>2,740</b>	<b>891</b>

**10. Debtors**

	2024	2023
	£	£
Other debtors	1,380	-

**11. Support and Governance cost**

	General Support	Governance	Total
	£	£	£
Office and Administration Cost	869	-	869
Utilities	221	-	221
Professional fees	745	785	1,530
Insurance	-	945	945
Renovation and Maintenance	736	-	736
Depreciation	416	-	416
	<b>2,987</b>	<b>1,730</b>	<b>4,717</b>

**12. Staff and Sessional Workers**

Total staff and sessional workers costs were £9,509 in this financial year.

There were 1 part-time employee on payroll and 5 self-employed workers.

Trustees are not remunerated.

**HEARTS AND HELPERS**

England & Wales - Charity number 1183267

---

# Accounts

---

## **HEARTS AND HELPERS**

Annual Report and Unaudited Financial Statements

### **Period of accounts**

**Start date:** 01 March 2022

**End date:** 28 February 2023

HEARTS AND HELPERS  
Contents Page  
For the year ended 28 February 2023

Company information	3
Trustees' report	4
Independent Examiner's report	6
Statement of Financial Activities	7
Statement of Financial Position	8
Notes to the financial statements	9

HEARTS AND HELPERS  
Company Information  
For the year ended 28 February 2023

<b>Trustees</b>	Jubedul Miah Firat Mustafa Mark Hutchings
<b>Charity Number</b>	CE017400
<b>Registered Office</b>	114 Peregrine Point 5 Alma Road Enfield EN3 4FW
<b>Accountants</b>	Cubed Consultancy Limited 6-7 Waterside Station Road Harpenden Hertfordshire AL5 4US

**HEARTS AND HELPERS**  
**Trustees' Report and Independent Examiners**  
**Report**  
**For the year ended 28 February 2023**

The trustees' present their annual report and the financial statements for the year ended 28 February 2023.

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 governing document, the Companies Act 2006 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 objectives are as follows:

- Support those affected by homelessness and insecure housing within our community.
- Address the negative impact on mental health and wellbeing that beneficiaries face due to poverty and homelessness.
- Create and provide access to spaces which improve beneficiary mental health.
- Provide support for wellbeing through workshops and community activities.
- Provide rough sleepers with essential goods and services to ease day to day struggles.
- Provide former rough sleepers with support when transitioning to a permanent home.
- Support people affected by insecure housing with essential goods and services to create long term stability.
- Support people, on a low income, who have been recently rehoused, such as, those fleeing domestic abuse, those fleeing gang violence.

The trustees' have paid due regard to guidance issued by the Charity Commission in deciding what activities the charity should undertake, the main activities are as follows:

- Designed and built 3 allotment spaces to address beneficiary wellbeing.
- Refurbished an indoor space to support the charity long term.
- Provided workshops designed to boost wellbeing
- Provided rough sleepers with day to day essentials, food and footwear.
- Helped former rough sleepers transition into longer term accommodation.
- Provided home starter kits for vulnerable persons recently rehoused, including home hygiene basics, white goods and furniture.
- Provided a consistent food parcel delivery service and set up a temporary community fridge for low income households.
- Started a small 'move in' pilot scheme to vulnerable households who need hands on support setting up their home.
- Provided holiday support for low income households and families fleeing domestic abuse over the Christmas period.
- Began volunteer training on mental health and holistic services.

### **Achievements and Performance**

- Designed and built 3 allotment spaces to address beneficiary wellbeing.
- 113 clients supported within workshops to support wellbeing and mental health.
- 200+ rough sleepers provided rough sleepers with day-to-day essentials, footwear, and health care packages.
- 40 rough sleepers assisted with an application for supported accommodation.
- 100 households provided with home starter kits for vulnerable persons recently rehoused, including home hygiene basics, white goods, and furniture.
- 150 households supported with consistent food parcel.
- 

### **Financial review**

It is the policy of the charity that unrestricted funds which have not been designated for a specific use should be maintained at a level equivalent to between three- and six-month's expenditure. The trustees considers that reserves at this level will ensure that, in the event of a significant drop in funding, they will be able to continue the charity's current activities while consideration is given to ways in which additional funds may be raised. This level of reserves has been maintained throughout the year. The trustees have assessed the major risks to which the charity is exposed and are satisfied that systems are in place to mitigate exposure to the major risks.

**HEARTS AND HELPERS**  
**Trustees' Report and Independent Examiners**  
**Report**  
**For the year ended 28 February 2023**

**Structure, governance and management**

The charity is a charitable incorporated organisation (CIO).

The trustees, who are also the directors for the purpose of company law, and who served during the year and up to the date of signature of the financial statements were:

J Miah  
F Mustafa  
M Hutchings

Trustee recruitment:

- Apart from the first charity trustees, every trustee must be appointed indefinitely by a resolution passed at a properly convened meeting of the charity trustees.
- In selecting individuals for appointment as charity trustees, the charity trustees must have regard to the skills, knowledge and experience needed for the effective administration of the CIO.

None of the trustees has any beneficial interest in the company. All of the trustees are members of the company and guarantee to contribute £1 in the event of a winding up.

The company's current policy concerning the payment of trade creditors is to follow the CBI's Prompt Payers Code (copies are available from the CBI, Centre Point, 103 New Oxford Street, London WC1A 1DU).

The company's current policy concerning the payment of trade creditors is to:

- Settle the terms of payment with suppliers when agreeing the terms of each transaction;
- Ensure that suppliers are made aware of the terms of payment by inclusion of the relevant terms in contracts; and
- Pay in accordance with the company's contractual and other legal obligations.

The charity is directed by 3 trustees as named above and managed by Adrian White. The charity is mainly volunteer supported but other employees are recruited on a project-to-project basis dependent on expertise and funding. The trustees' report was approved by the Board of Trustees.

This report was approved by the Board of Trustees:

**J Miah**  
Trustee

Date approved: 19 December 2023

HEARTS AND HELPERS  
Trustees' Report and Independent Examiners  
Report  
For the year ended 28 February 2023

I report to the trustees on my examination of the financial statements of Hearts and Helpers for the year ended 28 February 2023 which comprise the Statement of Financial Activities, the Balance Sheet and the related notes.

**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'). The trustees consider that an audit is not required for this year under the Charities Act 2011, s.144(2) (the 2011 Act) and that an independent examination is needed.

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

**Independent examiner's statement**

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

- the accounting records were not kept in respect of the charity as required by section 130 of the Act; or
- the financial statements do not accord with those records; or
- the financial statements do not comply with the applicable requirements concerning the form and content of the financial statements set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the financial statements 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.

.....  
Cubed Consultancy Limited  
6-7 Waterside  
Station Road  
Harpenden  
Hertfordshire  
AL5 4US  
19 December 2023

HEARTS AND HELPERS  
Statement of Financial Activities  
For the year ended 28 February 2023

	Notes	Unrestricted Funds 2023 £	Restricted Funds 2023 £	Total 2023 £	Total 2022 £
<b>Income from:</b>					
Donation and legacies	3	10,021	15,776	25,797	106,892
<b>Expenditures on:</b>					
Charitable Activities	4	2,331	50,306	52,637	73,220
<b>Net income for the year/ Net movement in funds</b>		7,690	(34,530)	( 26,840)	33,672
Fund balances at 1 March 2022		<u>3,317</u>	<u>37,457</u>	<u>-</u>	<u>40,774</u>
<b>Fund balances at 28 February 2023</b>		<u><u>11,007</u></u>	<u><u>2,927</u></u>	<u><u>13,934</u></u>	<u><u>-</u></u>

The statement of financial activities includes all gains and losses recognised in the year.

All income and expenditure derive from continuing activities.

The statement of financial activities also complies with the requirements for an income and expenditure account under the Companies Act 2006.

HEARTS AND HELPERS  
Statement of Financial Position  
For the year ended 28 February 2023

	Notes	2023 £	2022 £
<b>Fixed assets</b>			
Tangible fixed assets	8	1,415	996
			<b>996</b>
<b>Current assets</b>			
Cash at bank and in hand		13,410	41,236
<b>Creditors: amount falling due within one year</b>	9	(891)	(1,458)
<b>Net current assets</b>		<b>12,519</b>	<b>39,778</b>
<b>Total assets less current liabilities</b>		13,934	40,774
<b>Net assets</b>		<b>13,934</b>	<b>40,774</b>
<b>Funds</b>			
Restricted funds		2,927	37,457
Unrestricted funds		11,007	3,317
<b>Total funds carried forward</b>		<b>13,934</b>	<b>40,774</b>

For the year ended 28 February 2023 the company was entitled to exemption from audit under section 477 of the companies act 2006 relating to small companies.

Trustees' responsibilities:

1. The members have not required the company to obtain an audit of its accounts for the year in question in accordance with section 476.
2. The trustees acknowledge their responsibilities for complying with the requirements of the companies act 2006 with respect to accounting records and the preparation of accounts.

These financial statements have been prepared in accordance with the provisions applicable to companies subject to the small companies regime of Part 15 of the Companies Act 2006.

The financial statements were approved by the Board of Trustees on 19 December 2023 and were signed on its behalf by:

**J Miah**  
Trustee

**HEARTS AND HELPERS**  
**Notes to the Financial Statements**  
**For the year ended 28 February 2023**

**General Information**

Hearts and Helpers is a private company, limited by guarantee, registered in England and Wales, registration number CE017400, registration address 114 Peregrine Point, 5 Alma Road, Enfield, EN3 4US.

The presentation currency is £ sterling.

**1. Accounting policies**

**1.1 Accounting convention**

The financial statements have been prepared in accordance with the charity's [governing document], the Companies Act 2006, 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 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 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.

**HEARTS AND HELPERS**  
**Notes to the Financial Statements**  
**For the year ended 28 February 2023**

### **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 Tangible Fixed Assets**

Depreciation is provided at the following annual rate in order to write off each asset over its estimated useful life.

Fixtures and Fittings	20% Straight line on cost
-----------------------	---------------------------

### **1.7 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.

#### **Basic financial assets**

Basic financial assets, which include debtors 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.

#### **Basic financial liabilities**

Basic financial liabilities, including creditors 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.

Debt instruments are subsequently carried at amortised cost, using the effective interest rate method.

Trade creditors 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 creditors are recognised initially at transaction price and subsequently measured at amortised cost using the effective interest method.

#### **Derecognition of financial liabilities**

Financial liabilities are derecognised when the charity's contractual obligations expire or are discharged or cancelled.

## **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.

HEARTS AND HELPERS  
Notes to the Financial Statements  
For the year ended 28 February 2023

**3. Donations and Legacies**

	<b>Unrestricted Funds 2023 £</b>	<b>Restricted Funds 2023 £</b>	<b>Total 2023 £</b>	<b>Total 2022 £</b>
<b><u>Income from:</u></b>				
Donation and legacies	10,021	-	10,021	5,096
Grants	-	<u>15,776</u>	<u>15,776</u>	<u>101,796</u>
	<u>10,021</u>	<u>15,776</u>	<u>25,797</u>	<u>106,892</u>
<b><u>Expenditures on:</u></b>				
Charitable Activities	2,331	50,306	52,637	73,220
<b>Net income for the year/ Net movement in funds</b>	7,690	(34,530)	(26,840)	33,672
Fund balances at 1 March 2022	<u>3,317</u>	<u>37,457</u>	-	<u>40,774</u>
<b>Fund balances at 28 February 2023</b>	<u>11,007</u>	<u>2,927</u>	<u>13,934</u>	<u>7,102</u>

**HEARTS AND HELPERS**  
Notes to the Financial Statements  
For the year ended 28 February 2023

**4. Charitable Activities**

	Unrestricted Charitable Expenditure	Restricted Charitable Expenditure	Total	Total
	2023	2023	2023	2022
	£	£	£	£
Activities from Unrestricted Funds	220	-	220	3,168
Allotment Costs	-	12,177	12,177	10,406
Cafe Renovation (Give - a Car)		3,260	3,260	-
Community Fridge (Co-Op)		615	615	-
FFS (Allotment Costs)		3,489	3,489	
Alma Community Grant Activities	-	-	-	1,778
Housing & RRS	-	5,378	5,378	11,875
Accountancy Fees	1,644	-	1,644	2,909
Consultant (Charity Management)	-	16,121	16,121	12,400
Advertising/Promotional		78	78	
Insurances	459	-	459	242
Legal & Professional Fees		100	100	
Light and Heat	-	587	587	444
Motor running expenses	-	517	517	1,350
Office/General Administrative Expenses	-	-	-	405
Payroll Expenses	-	-	-	17,550
Printing, Postage and Stationery	-	-	-	179
Rent or Lease of Buildings	-	5,681	5,681	7,689
Repairs and maintenance		286	286	-
Subscriptions	8	-	8	80
Travelling Expenses	-	1,465	1,465	2,272
Volunteer Training	-	135	135	224
Marketing		-	-	-
Fixtures + Fittings Depn charge	<u>-</u>	<u>416</u>	<u>416</u>	<u>249</u>
	2,331	50,306	52,637	73,220
Share of governance costs	<u>-</u>	<u>-</u>	<u>-</u>	<u>-</u>
	<u>2,331</u>	<u>50,306</u>	<u>52,637</u>	<u>73,220</u>
<b>Analysis by funds</b>				
Unrestricted Funds	2,331	-	2,331	6,984
Restricted Funds	<u>-</u>	<u>50,306</u>	<u>50,306</u>	<u>66,236</u>
	<u>2,331</u>	<u>50,306</u>	<u>52,637</u>	<u>73,220</u>

HEARTS AND HELPERS  
Notes to the Financial Statements  
For the year ended 28 February 2023

**5. Trustees**

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

**6. Average number of employees**

Average number of employees during the year was 1 (2022: 2).

**7. Operating profit/(loss)**

	<b>2022</b>	<b>2021</b>
	<b>£</b>	<b>£</b>
The operating profit is stated after charging:		
Depreciation of tangible fixed assets	416	249

**8. Tangible fixed assets**

<b>Cost or valuation</b>	Plant and Machinery	Fixtures and Fittings	<b>Total</b>
	<b>£</b>	<b>£</b>	<b>£</b>
At 01 March 2022	820	425	1,245
Additions	835	-	835
Disposals	-	-	-
At 28 February 2023	<b>1,655</b>	<b>425</b>	<b>2,080</b>
<b>Depreciation</b>			
At 01 March 2022	164	85	249
Charge for year	331	85	416
On disposals	-	-	-
At 28 February 2023	<b>495</b>	<b>170</b>	<b>665</b>
<b>Net book values</b>			
Closing balance as at 28 February 2023	<b>1,160</b>	<b>255</b>	<b>1,415</b>
Opening balance as at 01 March 2022	<b>656</b>	<b>340</b>	<b>996</b>

HEARTS AND HELPERS  
Notes to the Financial Statements  
For the year ended 28 February 2023

**9. Creditors: amount falling due within one year**

	<b>2023</b>	<b>2022</b>
	<b>£</b>	<b>£</b>
Trade Creditors	891	0
Accrued Expenses	0	1,458
	<u><b>891</b></u>	<u><b>1,458</b></u>

**HEARTS AND HELPERS**

England & Wales - Charity number 1183267

---

# Accounts

---

## **HEARTS AND HELPERS**

Annual Report and Unaudited Financial Statements

### **Period of accounts**

**Start date:** 01 March 2021

**End date:** 28 February 2022

HEARTS AND HELPERS  
Contents Page  
For the year ended 28 February 2022

Company information	3
Trustees' report	4
Independent Examiner's report	6
Statement of Financial Activities	7
Statement of Financial Position	8
Notes to the financial statements	9

HEARTS AND HELPERS  
Company Information  
For the year ended 28 February 2022

<b>Trustees</b>	Jubedul Miah Firat Mustafa Mark Hutchings
<b>Charity Number</b>	CE017400
<b>Company Number</b>	1183267
<b>Registered Office</b>	Unit 35 26-28 Queensway Enfield EN3 4SA
<b>Accountants</b>	Cubed Consultancy Limited 6-7 Waterside Station Road Harpenden Hertfordshire AL5 4US

**HEARTS AND HELPERS**  
**Trustees' Report and Independent Examiners**  
**Report**  
**For the year ended 28 February 2022**

The trustees' present their annual report and the financial statements for the year ended 28 February 2022.

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 governing document, the Companies Act 2006 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 objectives are as follows:

- Support those effected by homelessness within the North London community.
- Provide local rough sleepers with essential goods and services to ease day to day struggles.
- Support those effected by homelessness during the Covid-19 Pandemic.
- Support people affected by homelessness and who have been recently rehoused, such as, those fleeing domestic abuse, those fleeing gang violence, and those recently rehoused with a low income.
- Provide support for those on low incomes adversely affected by the Covid-19 Pandemic.

The trustees' have paid due regard to guidance issued by the Charity Commission in deciding what activities the charity should undertake, the main activities are as follows:

#### **Rough Sleeper support**

- Provided back packs filled with essentials to rough sleepers in local area.
- Provided hot meals and lunches for rough sleepers.
- Mobile mission to provide mobile phones for rough sleepers to access essential services.
- Trainer drive- collected and distributed trainers from the local community to rough sleepers in need of footwear.

#### **Rehousing and services for low-income households**

- Provided home starter kits for vulnerable persons recently rehoused, including home hygiene basics, white goods and furniture.
- Launched a 'move in' service to vulnerable households who need hands on support setting up their home.
- Provided food parcels and set up a temporary community food bank.
- Started Hearts and Helpers allotment plot to provide healthy food and green space for those we support.
- Provided holiday support for low-income households and families fleeing domestic abuse over the Christmas period.
- Began volunteer training on mental health and holistic services.

### **Achievements and Performance**

- 80 back packs filled with essentials to rough sleepers.
- 300+ hot meals and lunches for rough sleepers and those we support.
- 150+ mobile phones handed out to link rough sleepers with essential services
- 450 pairs of trainers, collected, laundered, and distributed to rough sleepers.
- 85 vulnerable households provided with white goods and furniture.
- 80 healthy vegetable hampers grown and distributed to those we support.
- 40 low-income households supported with essentials, food parcels and Christmas presents over the holiday period.
- 3-month community food bank and delivery service (separate to food services mentioned above).
- 9 young people supported with on-the-job training through the Government Kickstarter scheme.

**HEARTS AND HELPERS**  
**Trustees' Report and Independent Examiners**  
**Report**  
**For the year ended 28 February 2022**

**Financial review**

It is the policy of the charity that unrestricted funds which have not been designated for a specific use should be maintained at a level equivalent to between three- and six-month's expenditure. The trustees considers that reserves at this level will ensure that, in the event of a significant drop in funding, they will be able to continue the charity's current activities while consideration is given to ways in which additional funds may be raised. This level of reserves has been maintained throughout the year. The trustees have assessed the major risks to which the charity is exposed and are satisfied that systems are in place to mitigate exposure to the major risks.

**Structure, governance and management**

The charity is a company limited by guarantee.

The trustees, who are also the directors for the purpose of company law, and who served during the year and up to the date of signature of the financial statements were:

J Miah  
F Mustafa  
M Hutchings

Trustee recruitment:

- Apart from the first charity trustees, every trustee must be appointed indefinitely by a resolution passed at a properly convened meeting of the charity trustees.
- In selecting individuals for appointment as charity trustees, the charity trustees must have regard to the skills, knowledge and experience needed for the effective administration of the CIO.

None of the trustees has any beneficial interest in the company. All of the trustees are members of the company and guarantee to contribute £1 in the event of a winding up.

The company's current policy concerning the payment of trade creditors is to follow the CBI's Prompt Payers Code (copies are available from the CBI, Centre Point, 103 New Oxford Street, London WC1A 1DU).

The company's current policy concerning the payment of trade creditors is to:

- Settle the terms of payment with suppliers when agreeing the terms of each transaction;
- Ensure that suppliers are made aware of the terms of payment by inclusion of the relevant terms in contracts; and
- Pay in accordance with the company's contractual and other legal obligations.

The charity is directed by 3 trustees as named above and managed by Adrian White. The charity is mainly volunteer supported but other employees are recruited on a project-to-project basis dependent on expertise and funding. The trustees' report was approved by the Board of Trustees.

This report was approved by the Board of Trustees:

**J Miah**

Trustee

Date approved: 28 December 2022

**HEARTS AND HELPERS**  
**Trustees' Report and Independent Examiners**  
**Report**  
**For the year ended 28 February 2022**

I report to the trustees on my examination of the financial statements of Hearts and Helpers for the year ended 28 February 2022 which comprise the Statement of Financial Activities, the Balance Sheet and the related notes.

**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'). The trustees consider that an audit is not required for this year under the Charities Act 2011, s.144(2) (the 2011 Act) and that an independent examination is needed.

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

**Independent examiner's statement**

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

- the accounting records were not kept in respect of the charity as required by section 130 of the Act; or
- the financial statements do not accord with those records; or
- the financial statements do not comply with the applicable requirements concerning the form and content of the financial statements set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the financial statements 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.

.....  
Cubed Consultancy Limited  
6-7 Waterside  
Station Road  
Harpenden  
Hertfordshire  
AL5 4US  
28 December 2022

HEARTS AND HELPERS  
Statement of Financial Activities  
For the year ended 28 February 2022

	Notes	Unrestricted Funds 2022 £	Restricted Funds 2022 £	Total 2022 £	Total 2021 £
<b><u>Income from:</u></b>					
Donation and legacies	3	5,096	101,796	106,892	28,025
<b><u>Expenditures on:</u></b>					
Charitable Activities	4	6,984	66,236	73,220	20,923
<b>Net income for the year/ Net movement in funds</b>		(1,888)	35,560	33,672	-
Fund balances at 1 March 2021		<u>5,205</u>	<u>1,897</u>	<u>-</u>	<u>7,102</u>
<b>Fund balances at 28 February 2022</b>		<u><u>3,317</u></u>	<u><u>37,457</u></u>	<u><u>40,774</u></u>	<u><u>-</u></u>

The statement of financial activities includes all gains and losses recognised in the year.

All income and expenditure derive from continuing activities.

The statement of financial activities also complies with the requirements for an income and expenditure account under the Companies Act 2006.

HEARTS AND HELPERS  
Statement of Financial Position  
For the year ended 28 February 2022

	Notes	2022 £	2021 £
<b>Fixed assets</b>			
Tangible fixed assets	8	996	0
		<b>996</b>	<b>0</b>
<b>Current assets</b>			
Cash at bank and in hand		41,236	9,741
<b>Creditors: amount falling due within one year</b>	9	(1,458)	(2,639)
<b>Net current assets</b>		<b>38,778</b>	<b>7,102</b>
<b>Total assets less current liabilities</b>		40,774	7,102
<b>Net assets</b>		<b>40,774</b>	<b>7,102</b>
 <b>Funds</b>			
Restricted funds		37,457	1,987
Unrestricted funds		3,317	5,205
<b>Total funds carried forward</b>		<b>40,774</b>	<b>7,102</b>

For the year ended 28 February 2022 the company was entitled to exemption from audit under section 477 of the companies act 2006 relating to small companies.

Trustees' responsibilities:

1. The members have not required the company to obtain an audit of its accounts for the year in question in accordance with section 476.
2. The trustees acknowledge their responsibilities for complying with the requirements of the companies act 2006 with respect to accounting records and the preparation of accounts.

These financial statements have been prepared in accordance with the provisions applicable to companies subject to the small companies regime of Part 15 of the Companies Act 2006.

The financial statements were approved by the Board of Trustees on 28 December 2022 and were signed on its behalf by:

**J Miah**  
Trustee

**HEARTS AND HELPERS**  
**Notes to the Financial Statements**  
**For the year ended 28 February 2022**

**General Information**

Hearts and Helpers is a private company, limited by guarantee, registered in England and Wales, registration number CE017400, registration address Unit 35, 26-28 Queensway, Enfield, EN3 4SA.

The presentation currency is £ sterling.

**1. Accounting policies**

**1.1 Accounting convention**

The financial statements have been prepared in accordance with the charity's [governing document], the Companies Act 2006, 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 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 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.

**HEARTS AND HELPERS**  
**Notes to the Financial Statements**  
**For the year ended 28 February 2022**

### **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 Tangible Fixed Assets**

Depreciation is provided at the following annual rate in order to write off each asset over its estimated useful life.

Fixtures and Fittings	20% Straight line on cost
-----------------------	---------------------------

### **1.7 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.

#### **Basic financial assets**

Basic financial assets, which include debtors 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.

#### **Basic financial liabilities**

Basic financial liabilities, including creditors 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.

Debt instruments are subsequently carried at amortised cost, using the effective interest rate method.

Trade creditors 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 creditors are recognised initially at transaction price and subsequently measured at amortised cost using the effective interest method.

#### **Derecognition of financial liabilities**

Financial liabilities are derecognised when the charity's contractual obligations expire or are discharged or cancelled.

## **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.

HEARTS AND HELPERS  
Notes to the Financial Statements  
For the year ended 28 February 2022

**3. Donations and Legacies**

	<b>Unrestricted Funds</b>	<b>Restricted Funds</b>	<b>Total</b>	<b>Total</b>
	<b>2022</b>	<b>2022</b>	<b>2022</b>	<b>2021</b>
	<b>£</b>	<b>£</b>	<b>£</b>	<b>£</b>
<b><u>Income from:</u></b>				
Donation and legacies	5,096	-	5,096	7,725
Grants	<u>-</u>	<u>101,796</u>	<u>101,796</u>	<u>20,300</u>
	<u>5,096</u>	<u>101,796</u>	<u>106,892</u>	<u>28,025</u>
<b><u>Expenditures on:</u></b>				
Charitable Activities	6,984	66,236	73,220	20,923
<b>Net income for the year/ Net movement in funds</b>	-	1,888	33,672	-
Fund balances at 1 March 2021	<u>5,205</u>	<u>1,897</u>	<u>-</u>	<u>7,102</u>
<b>Fund balances at 28 February 2022</b>	<u>3,317</u>	<u>37,457</u>	<u>40,774</u>	<u>7,102</u>

HEARTS AND HELPERS  
Notes to the Financial Statements  
For the year ended 28 February 2022

**4. Charitable Activities**

	Unrestricted Charitable Expenditure	Restricted Charitable Expenditure	Total	Total
	2022	2022	2022	2021
	£	£	£	£
Activities from Unrestricted Funds	3,168	-	3,168	-
Allotment Costs	-	10,406	10,406	23
Alma Community Grant Activities	-	1,778	1,778	-
Housing & RRS	-	11,875	11,875	9,532
Accountancy Fees	2,909	-	2,909	-
Consultant (Charity Management)	-	12,400	12,400	4,900
Insurances	242	-	242	-
Light and Heat	-	444	444	275
Motor running expenses	-	1,350	1,350	-
Office/General Administrative Expenses	405	-	405	-
Payroll Expenses	-	17,550	17,550	-
Printing, Postage and Stationery	179	-	179	8
Rent or Lease of Buildings	-	7,689	7,689	-
Repairs and maintenance	-	-	-	725
Subscriptions	80	-	80	-
Travelling Expenses	-	2,272	2,272	306
Volunteer Training	-	224	224	578
Marketing	-	-	-	2,056
Fixtures + Fittings Depn charge	-	249	249	-
	6,984	66,236	73,220	18,403
Share of governance costs	-	-	-	2,520
	<u>6,984</u>	<u>66,236</u>	<u>73,220</u>	<u>20,923</u>
<b>Analysis by funds</b>				
Unrestricted Funds	6,984	-	6,984	2,520
Restricted Funds	-	66,236	66,236	18,403
	<u>6,984</u>	<u>66,236</u>	<u>73,220</u>	<u>20,923</u>

HEARTS AND HELPERS  
Notes to the Financial Statements  
For the year ended 28 February 2022

**5. Trustees**

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

**6. Average number of employees**

Average number of employees during the year was 2 (2021: 0).

**7. Operating profit/(loss)**

	<b>2022</b>	<b>2021</b>
	£	£
The operating profit is stated after charging:		
Depreciation of tangible fixed assets	249	0

**8. Tangible fixed assets**

<b>Cost or valuation</b>	Plant and Machinery	Fixtures and Fittings	<b>Total</b>
	£	£	£
At 01 March 2021	-	-	-
Additions	820	425	1,245
Disposals	-	-	-
At 28 February 2022	<b>820</b>	<b>425</b>	<b>1,245</b>
<b>Depreciation</b>			
At 01 March 2021	164	85	249
Charge for year	-	-	-
On disposals	-	-	-
At 28 February 2022	<b>164</b>	<b>85</b>	<b>249</b>
<b>Net book values</b>			
Closing balance as at 28 February 2022	<b>656</b>	<b>340</b>	<b>996</b>
Opening balance as at 01 March 2021	<b>(164)</b>	<b>(85)</b>	<b>(249)</b>

HEARTS AND HELPERS  
Notes to the Financial Statements  
For the year ended 28 February 2022

**9. Creditors: amount falling due within one year**

	<b>2022</b>	<b>2021</b>
	<b>£</b>	<b>£</b>
Accrued Expenses	1,458	2,639
	<u>1,458</u>	<u>2,639</u>

**10. Company Limited by Guarantee**

The company is limited by guarantee and therefore has no shares.

**HEARTS AND HELPERS**

England & Wales - Charity number 1183267

---

# Accounts

---

Charity Registration No. 1183267

Company Registration No. CE017400 (England and Wales)

**HEARTS AND HELPERS**  
**ANNUAL REPORT AND UNAUDITED FINANCIAL STATEMENTS**  
**FOR THE YEAR ENDED 28 FEBRUARY 2021**

# HEARTS AND HELPERS

## LEGAL AND ADMINISTRATIVE INFORMATION

---

<b>Trustees</b>	J Miah F Mustafa M Hutchings
<b>Charity number</b>	1183267
<b>Company number</b>	CE017400
<b>Registered office</b>	Unit 35, 26-28 Queensway Enfield EN3 4SA
<b>Accountants</b>	W Advisory Office 315, 2A Ruckholt London, E10 5NP

---

# HEARTS AND HELPERS

## TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT)

### FOR THE YEAR ENDED 28 FEBRUARY 2021

---

The trustees present their annual report and financial statements for the year ended 28 February 2021.

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 governing document, the Companies Act 2006 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 as follows:

- Support those effected by homelessness within the North London community.
- Provide local rough sleepers with essential goods and services to ease day to day struggles.
- Support those effected by homelessness during the Covid-19 Pandemic.
- Support people affected by homelessness and who have been recently rehoused, such as, those fleeing domestic abuse, those fleeing gang violence, and those recently rehoused with a low income.
- Provide support for those on low incomes adversely affected by the Covid-19 Pandemic.

The trustees have paid due regard to guidance issued by the Charity Commission in deciding what activities the charity should undertake, the main activities are as follows:

- Provided back packs filled with essentials to rough sleepers in local area.
- Provided rough sleepers with Covid-19 support kits, which included, hand sanitizer, hygiene kits and symptom checkers.
- Provided hot meals and lunches for rough sleepers.
- Provided home starter kits for vulnerable persons recently rehoused, including home hygiene basics, white goods and furniture.
- Provided food parcels to vulnerable persons across the local community. Especially those effected by Covid-19.
- Launched a mobile mission to provide mobile phones for rough sleepers to access essential services.
- Provided Christmas holiday support for families fleeing domestic abuse over the Christmas period.
- Trainer drive- collected and distributed trainers from the local community to rough sleepers in need of footwear.

#### Achievements and performance

- 600 – pairs of footwear to rough sleepers.
- 250- mobile phones to support rough sleepers.
- 5- Local shelters and agencies now connected to 250 rough sleepers through mobile phone drive.
- 600- rough sleeper backpack filled with essentials.
- 100 Covid-19 support kits distributed to rough sleepers.
- 700-food parcels to vulnerable families.
- 200 hot meals and takeaway lunches provided for rough sleepers.
- 180- home-starter kits to vulnerable households.
- 80- sets of white goods to vulnerable families.
- 69- families supported fleeing domestic abuse.

# HEARTS AND HELPERS

## TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED) *FOR THE YEAR ENDED 28 FEBRUARY 2021*

---

### **Financial review**

It is the policy of the charity that unrestricted funds which have not been designated for a specific use should be maintained at a level equivalent to between three and six month's expenditure. The trustees considers that reserves at this level will ensure that, in the event of a significant drop in funding, they will be able to continue the charity's current activities while consideration is given to ways in which additional funds may be raised. This level of reserves has been maintained throughout the year.

The trustees has assessed the major risks to which the charity is exposed, and are satisfied that systems are in place to mitigate exposure to the major risks.

# HEARTS AND HELPERS

## TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED) FOR THE YEAR ENDED 28 FEBRUARY 2021

---

### Structure, governance and management

The charity is a company limited by guarantee.

The trustees, who are also the directors for the purpose of company law, and who served during the year and up to the date of signature of the financial statements were:

J Miah

F Mustafa

M Hutchings

Trustee recruitment:

- Apart from the first charity trustees, every trustee must be appointed indefinitely by a resolution passed at a properly convened meeting of the charity trustees.
- In selecting individuals for appointment as charity trustees, the charity trustees must have regard to the skills, knowledge and experience needed for the effective administration of the CIO.

None of the trustees has any beneficial interest in the company. All of the trustees are members of the company and guarantee to contribute £1 in the event of a winding up.

The company's current policy concerning the payment of trade creditors is to follow the CBI's Prompt Payers Code (copies are available from the CBI, Centre Point, 103 New Oxford Street, London WC1A 1DU).

The company's current policy concerning the payment of trade creditors is to:

- settle the terms of payment with suppliers when agreeing the terms of each transaction;
- ensure that suppliers are made aware of the terms of payment by inclusion of the relevant terms in contracts; and
- pay in accordance with the company's contractual and other legal obligations.

The charity is Directed by 3 trustees as named above and managed by Adrian White. The charity is mainly volunteer supported but other employees are recruited on a project to project basis dependant on expertise and funding.

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

**J Miah**

Trustee

Dated: 11 February 2022

# HEARTS AND HELPERS

## INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF HEARTS AND HELPERS

---

I report to the trustees on my examination of the financial statements of Hearts and Helpers (the charity) for the year ended 28 February 2021.

### **Responsibilities and basis of report**

As the trustees of the charity (and also its directors for the purposes of company law) you are responsible for the preparation of the financial statements in accordance with the requirements of the Companies Act 2006 (the 2006 Act).

Having satisfied myself that the financial statements of the charity are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of the charity's financial statements carried out under section 145 of the Charities Act 2011 (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**

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 386 of the 2006 Act; or
- 2 the financial statements do not accord with those records; or
- 3 the financial statements do not comply with the accounting requirements of section 396 of the 2006 Act 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; or
- 4 the financial statements have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102).

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.

Waqas Iqbal BSc ACA  
ICAEW  
W Advisory  
Office 315, 2A Ruckholt Road,  
London  
E10 5NP  
11/02/2022

# HEARTS AND HELPERS

## STATEMENT OF FINANCIAL ACTIVITIES INCLUDING INCOME AND EXPENDITURE ACCOUNT

FOR THE YEAR ENDED 28 FEBRUARY 2021

---

		Unrestricted funds 2021 £	Restricted funds 2021 £	Total 2021 £
	Notes			
<b>Income from:</b>				
Donations and legacies	3	7,725	20,300	28,025
		<hr/>	<hr/>	<hr/>
<b>Expenditure on:</b>				
Charitable activities	4	2,520	18,403	20,923
		<hr/>	<hr/>	<hr/>
<b>Net income for the year/ Net movement in funds</b>		5,205	1,897	7,102
Fund balances at 1 March 2020		-	-	-
		<hr/>	<hr/>	<hr/>
<b>Fund balances at 28 February 2021</b>		5,205	1,897	7,102
		<hr/> <hr/>	<hr/> <hr/>	<hr/> <hr/>

The statement of financial activities includes all gains and losses recognised in the year.

All income and expenditure derive from continuing activities.

The statement of financial activities also complies with the requirements for an income and expenditure account under the Companies Act 2006.

# HEARTS AND HELPERS

## BALANCE SHEET

AS AT 28 FEBRUARY 2021

---

	Notes	2021 £	£
<b>Current assets</b>			
Cash at bank and in hand		9,741	
<b>Creditors: amounts falling due within one year</b>	7	(2,639)	
Net current assets		<u>          </u>	7,102
<b>Income funds</b>			
Restricted funds			1,897
Unrestricted funds			5,205
			<u>          </u>
			7,102
			<u>          </u>

The company is entitled to the exemption from the audit requirement contained in section 477 of the Companies Act 2006, for the year ended 28 February 2021.

The directors acknowledge their responsibilities for complying with the requirements of the Companies Act 2006 with respect to accounting records and the preparation of financial statements.

The members have not required the company to obtain an audit of its financial statements for the year in question in accordance with section 476.

These financial statements have been prepared in accordance with the provisions applicable to companies subject to the small companies regime.

The financial statements were approved by the Trustees on 11 February 2022

J Miah  
Trustee

Company Registration No. CE017400

# HEARTS AND HELPERS

## NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 28 FEBRUARY 2021

---

### 1 Accounting policies

#### Charity information

Hearts and Helpers is a private company limited by guarantee incorporated in England and Wales. The registered office is Unit 35, 26-28 Queensway, Enfield, EN3 4SA.

#### 1.1 Accounting convention

The financial statements have been prepared in accordance with the charity's [governing document], the Companies Act 2006, 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 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 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.

# HEARTS AND HELPERS

## NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 28 FEBRUARY 2021

---

### 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 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.

##### **Basic financial assets**

Basic financial assets, which include debtors 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.

##### **Basic financial liabilities**

Basic financial liabilities, including creditors 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.

Debt instruments are subsequently carried at amortised cost, using the effective interest rate method.

Trade creditors 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 creditors are recognised initially at transaction price and subsequently measured at amortised cost using the effective interest method.

##### **Derecognition of financial liabilities**

Financial liabilities are derecognised when the charity's contractual obligations expire or are discharged or cancelled.

### 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.

# HEARTS AND HELPERS

## NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 28 FEBRUARY 2021

### 3 Donations and legacies

	Unrestricted funds	Restricted funds	Total
	2021	2021	2021
	£	£	£
Donations and gifts	7,725	-	7,725
Grants	-	20,300	20,300
	<u>7,725</u>	<u>20,300</u>	<u>28,025</u>

### 4 Charitable activities

	Restricted Charitable Expenditure	Unrestricted Charitable Expenditure	Total 2021
	2021	2021	
	£	£	£
Housing & Rough Sleepers Support	9,532	-	9,532
Allotment fees	23	-	23
Postage and packaging	8	-	8
Volunteer Training	65	-	65
Travel and subsistence	306	-	306
Light & Heat	275	-	275
Volunteer Uniform	513	-	513
Repairs and Maintenance	725	-	725
Consulting (Charity Management)	4,900	-	4,900
Marketing	2,056	-	2,056
	<u>18,403</u>	<u>-</u>	<u>18,403</u>
Share of governance costs	-	2,520	2,520
	<u>18,403</u>	<u>2,520</u>	<u>20,923</u>
<b>Analysis by fund</b>			
Unrestricted funds	-	2,520	2,520
Restricted funds	18,403	-	18,403
	<u>18,403</u>	<u>2,520</u>	<u>20,923</u>

### 5 Trustees

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

# HEARTS AND HELPERS

## NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 28 FEBRUARY 2021

---

### 6 Employees

The average monthly number of employees during the year was:

	<b>2021 Number</b>
Total	-

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

### 7 Creditors: amounts falling due within one year

	<b>2021 £</b>
Accruals and deferred income	2,639

### 8 Analysis of net assets between funds

	<b>Unrestricted funds 2021 £</b>	<b>Restricted funds 2021 £</b>	<b>Total 2021 £</b>
Fund balances at 28 February 2021 are represented by:			
Current assets/(liabilities)	5,205	1,897	7,102
	<u>5,205</u>	<u>1,897</u>	<u>7,102</u>
	<u><u>5,205</u></u>	<u><u>1,897</u></u>	<u><u>7,102</u></u>

### 9 Related party transactions

During the year the charity remunerated Adrian White £4,900 for undertaking the management of the charity. Adrian White manages the charity day to day and has a long standing relationship with the trustees.