

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

Trustees	Jubedul Miah Firat Mustafa Mark Hutchings
Charity Number	CE017400
Company Number	1183267
Registered Office	Unit 35 26-28 Queensway Enfield EN3 4SA
Accountants	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 consider 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

		Unrestricted Funds	Restricted Funds	Total	Total
		2022	2022	2022	2021
	Notes	£	£	£	£
<u>Income from:</u>					
Donation and legacies	3	5,096	101,796	106,892	28,025
<u>Expenditures on:</u>				-	
Charitable Activities	4	6,984	66,236	73,220	20,923
Net income for the year/ Net movement in funds		(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>
Fund balances at 28 February 2022		<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 £
Fixed assets			
Tangible fixed assets	8	996	0
		996	0
Current assets			
Cash at bank and in hand		41,236	9,741
Creditors: amount falling due within one year	9	(1,458)	(2,639)
Net current assets		38,778	7,102
Total assets less current liabilities		40,774	7,102
Net assets		40,774	7,102
Funds			
Restricted funds		37,457	1,987
Unrestricted funds		3,317	5,205
Total funds carried forward		40,774	7,102

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

	Unrestricted Funds	Restricted Funds	Total	Total
	2022	2022	2022	2021
	£	£	£	£
<u>Income from:</u>				
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>
<u>Expenditures on:</u>			-	
Charitable Activities	6,984	66,236	73,220	20,923
Net income for the year/ Net movement in funds	-	1,888	33,672	-
Fund balances at 1 March 2021	<u>5,205</u>	<u>1,897</u>	<u>-</u>	<u>7,102</u>
Fund balances at 28 February 2022	<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
	6,984	66,236	73,220	20,923
Analysis by funds				
Unrestricted Funds	6,984	-	6,984	2,520
Restricted Funds	-	66,236	66,236	18,403
	6,984	66,236	73,220	20,923

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)

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

8. Tangible fixed assets

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

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

9. Creditors: amount falling due within one year

	2022 £	2021 £
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.