

## **HEARTS AND HELPERS**

Annual Report and Unaudited Financial Statements

### **Period of accounts**

**Start date:** 01 March 2022

**End date:** 28 February 2023

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For the year ended 28 February 2023

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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.

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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

		Unrestricted Funds	Restricted Funds	Total	Total
		2023	2023	2023	2022
	Notes	£	£	£	£
<b><u>Income from:</u></b>					
Donation and legacies	3	10,021	15,776	25,797	106,892
<b><u>Expenditures on:</u></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
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### **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**

	Unrestricted Funds 2023 £	Restricted Funds 2023 £	Total 2023 £	Total 2022 £
<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)**

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

**8. Tangible fixed assets**

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

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