

HEARTS AND HELPERS

Charity Incorporated Organisation (C.I.O)

Financial Statements

For the period ended

28th February 2025

Registered Charity No: 1183267

HEARTS AND HELPERS

Year Ended 28th 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 28th FEBRUARY 2025

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HEARTS AND HELPERS

Year Ended 28th February 2025

Annual Trustees' Report

The committee are pleased to present the financial report for the period ended 28th 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 07th 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', with a stylized flourish at the end.

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 28th 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>Restricted</u>	<u>Funds</u>	<u>Funds</u>
	<u>Funds</u>	<u>Funds</u>	<u>2025</u>	<u>2024</u>
	£	£	£	£
<u>INCOMING RESOURCES</u>				
Donation	1,976	-	1,976	21
Income from Charitable Activities:				
The National Lottery Community Fund	-	-	-	10,000
Big Lottery Reaching Communities Fund	-	32,059	32,059	-
Hubbub Foundation	-	5,000	5,000	-
The Neighbourly Foundation	-	10,500	10,500	-
The Foyle Foundation	5,000	-	5,000	-
TOTAL INCOMING RESOURCES	6,976	47,559	54,535	10,021
<u>RESOURCES EXPENDED</u>				
Charitable Expenditure				
Sessional Workers & Staff Cost	-	9,057	9,057	9,509
Community Activities and Events	-	3,692	3,692	3,242
Storage & Allotments Costs	-	1,059	1,059	2,302
Office Rent and Venue Hire	-	3,297	3,297	1,062
Utilities	-	-	-	221
Office and Admin Expenses	-	579	579	869
Professional & Consultancy Fees	995	889	1,884	1,530
Publicity and Advertisement	-	90	90	231
Volunteer Expenses	-	502	502	295
Travel and Transport	1,343	606	1,949	844
Insurance	-	239	239	945
Renovation and Maintenance	2,077	-	2,077	736
Depreciation	583	-	583	416
TOTAL RESOURCES EXPENDED	4,998	20,010	25,008	22,203
Net Incoming/Outgoing resources	1,978	27,549	29,527	(12,182)
FUNDS BROUGHT FORWARD	1,752	-	1,752	13,934
FUNDS CARRIED FORWARD	3,730	27,549	31,279	1,752

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.

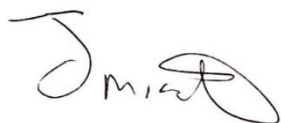
(The notes attached form part of these financial statements)

HEARTS AND HELPERS
BALANCE SHEET AS AT 28th FEBRUARY 2025

	Notes	<u>2025</u> £	<u>2024</u> £
Fixed Assets			
Tangible assets	(6)	416	999
Current Assets:			
Debtor	(10)	1,380	1,380
Cash at Bank and In Hand		32,319	2,113
Current Liabilities:			
Creditors:			
Amount falling due within one year	(9)	2,836	2,740
Net Currents Assets		<u>30,863</u>	<u>753</u>
Net Assets		<u>31,279</u>	<u>1,752</u>
As Represented By			
Unrestricted Fund		3,730	1,752
Restricted Fund	(8)	27,549	-
Total Funds		<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 28th 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	425	1,655	2,080
Depreciation			
Brought forward	255	826	1,081
Charge for the year	85	498	583
Carried Forward	340	1,324	1,664
Net Book Value			
As At February 2025	85	331	416
As At February 2024	170	829	999

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	-	-	-
At 28th February 2025	3,730	27,549	31,279

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
	-	47,559	20,010	27,549

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
	2,836	2,740

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
	4,338	1,024	5,362

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.