

# HEART OF LOVE

England & Wales · Charity number 1185721

## Details

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**Other names** U CAN DO IT FOUNDATION, HEART OF LOVE

**Status** Registered

**Legal form** CIO

**Registered** 2019-10-09

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

## Contact

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**Address** 52 Downing Close  
Bletchley  
Milton Keynes  
MK3 6EP

**Phone** 07833924763

**Email** [info@heartoflove.co.uk](mailto:info@heartoflove.co.uk)

**Website** [www.heartoflove.co.uk](http://www.heartoflove.co.uk)

## Activities

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**Objects:** TO RELIEVE THE NEEDS OF CHILDREN AND YOUNG PEOPLE WITH LEARNING DIFFICULTIES, AUTISM AND A VARIETY OF OTHER PHYSICAL OR MENTAL DISABILITIES IN LONDON AND MILTON KEYNES AND THE SURROUNDING AREAS IN PARTICULAR BUT NOT EXCLUSIVELY BY THE PROVISION OF RESPITE CARE SESSIONS AND WORKSHOPS IN MUSIC POETRY, ART AND COMMUNICATION AND SOCIAL TECHNIQUES.

**Activities:** Heart of Love empowers and transforms the lives of vulnerable women, children, and the elderly in the UK and abroad. We provide counselling, mentoring, goal-setting support, family day trips, outreach, and food assistance. Through advocacy and collaboration, we create safe, supportive environments where people can thrive and reach their full potential.

## Classification

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- **How:** Provides Buildings/facilities/open Space, Provides Services, Provides Advocacy/advice/information, Acts As An Umbrella Or Resource Body
- **What:** General Charitable Purposes, Education/training, Disability, The Prevention Or Relief Of Poverty, Overseas Aid/famine Relief, Other Charitable Purposes
- **Who:** Children/young People, People With Disabilities, The General Public/mankind

## Geography

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- Sierra Leone
- Milton Keynes
- Throughout London

## Finances

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Period end	Income	Expenditure	Assets	Employees
2025-04-30		£0	£0	-
2024-04-30		£0	£0	-
2023-04-30		£0	£0	-
2022-04-30		£0	£0	-
2021-04-30		£15,800	£15,800	-

## Trustees

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Name	Role	Appointed
Agatha Georgestone		2025-11-01
Eliud Kamara		2025-11-01
Susan Rogers		2017-02-15

**HEART OF LOVE**

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# Accounts

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*Heart of Love Charity (01/05/2024 – 30/04/2025)*

# Heart of Love Charity – Annual Report

Reporting period: 01 May 2024 – 30 April 2025

## Chair of Trustees' Statement

This year has been one of transition and resilience for *Heart of Love Charity*. While financial constraints limited our ability to deliver the scale of support we had hoped for, we are proud of the progress made in strengthening the charity's foundations. The rebranding of our objectives reflects our deep commitment to reaching not only children with disabilities, but also elderly people, vulnerable women, and children both in the UK and abroad.

On behalf of the Board, I would like to thank our supporters and trustees, who personally contributed resources when external funding was not available. Despite the challenges, their dedication ensured that vulnerable families received food support during a difficult year. Looking ahead, we are determined to build on these foundations, expand our fundraising efforts, and grow our impact.

— *Chair of Trustees*

## Rebranding and Expanded Objectives

In 2024/25, the charity rebranded its name and refined its objectives. While our roots remain in supporting children with disabilities, we have broadened our mission to include:

- Supporting elderly people facing isolation and hardship.
- Assisting vulnerable women, including widows and single mothers.
- Continuing support for children in need, both in the UK and internationally.

The demand for these services has increased, particularly among women and children, and our expanded objectives reflect the pressing need to respond more effectively.

## Governance and Structure

A new **Board of Trustees** was appointed this year, bringing fresh perspectives, energy, and commitment. This strengthened governance structure will help guide the charity through its next phase, ensuring accountability and strategic growth.

## Funding and Financial Position

The period from **May 1, 2024, to April 30, 2025**, was financially challenging. The charity did not receive any grant income. While several applications were submitted, two were declined. We aim to submit many **grant applications** in the next financial year to improve our chances of securing sustainable funding.

Due to the lack of external funds, our activities were significantly limited. However, the Board of Trustees collectively contributed **£500** from personal resources, enabling the charity to provide food support for **five women and their children** during a time of need abroad.

## Challenges and Lessons Learned

The lack of consistent funding restricted our ability to operate as effectively as we wished. This experience has highlighted the importance of:

- Expanding our fundraising base.
- Building strong partnerships with local and international organisations.
- Strengthening monitoring and reporting systems to demonstrate impact to potential funders.

## Looking Forward

Despite the challenges faced this year, the charity is optimistic about the future. Our priorities for the coming year include:

- Increasing the number of grant applications and diversifying income streams.
- Expanding support programmes for children with disabilities, elderly people, and vulnerable women.
- Strengthening partnerships to deliver greater impact in both the UK and abroad.

## Financial Summary (01/05/2024 – 30/04/2025)

Income	Amount (£)
Grants	0
Donations (Trustees' contribution)	500
Other Income	0
<b>Total Income</b>	<b>500</b>

Expenditure	Amount (£)
Food support for women & children	250.00
Staffing	0
Programme costs	0
Administrative costs	200.00
<b>Total Expenditure</b>	<b>450.00</b>

**Net Position:** £50 carried forward into the next financial year.

Chair of Trustees

Susan Rogers

*S. A. Rogers*

Board of Trustees

Glen Gbayagula

*Glen Gbayagula*

Ellen Boriwondo

A large, stylized handwritten signature in black ink, consisting of several overlapping loops and a long vertical stroke extending downwards.

Commented [JK1]: Susan

**HEART OF LOVE**

England & Wales - Charity number 1185721

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# Accounts

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**Charity Name: HEART OF LOVE**

**Charity Number: 1185721**

**Annual Return For The Year Ending 2024**

**Reporting Period: 01/05/2023 - 30/04/2024**

Heart of Love is dedicated to supporting and improving the lives of children and adults creating a safe place where they can seek support and empowerment, making them feel worthy as part of society. We work in partnership with family centres. At Heart of Love, we respect all our service users regardless of their life challenges.

Our focus remains on providing, Counselling Support in setting goals for Family day trips and ensuring positive outcomes for our beneficiaries.

### **Summary of Activities**

For the reporting period, the charity did not undertake any direct activities due to funding challenges, restructuring, unforeseen circumstances. Despite the inactivity, the organization remains committed to its mission and continues to explore ways to resume operations in the coming year.

### **Financial Summary**

- **Income:** £0
- **Expenditure:** £0
- **Reserves:** £0

There were no financial transactions during this period. All funds remain in compliance with regulatory requirements, and no disbursements were made.

## **Governance and Compliance**

- The trustees continued to oversee the charity's governance, ensuring compliance with all legal and regulatory obligations.
- No staff or volunteers were engaged during the year due to inactivity.
- The organization remains in good standing with regulatory bodies and is prepared to resume operations when circumstances allow.

## **Future Plans**

Looking ahead, Heart of Love aims to re-establish activities, secure funding, and implement programs that align with our mission of supporting children and adults. The trustees are actively seeking opportunities to resume services in the next financial year.

## **Declaration**

The information provided in this return is accurate and up to date to the best of our knowledge.

### **Signed:**

Susan Rogers

A handwritten signature in black ink that reads "S.A. Rogers". The signature is written in a cursive style and is positioned above the printed name "Susan Rogers".

Board of Trustees

20/02/2025

**HEART OF LOVE**

England & Wales - Charity number 1185721

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# Accounts

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# HEART OF LOVE CIC

## **Trustees' Annual Report: 01/05/2022 to 30/04/2023**

### **Introduction**

Heart of Love has existed since 2019 and was founded in the United Kingdom. However, the board of trustees came together and changed the name in 2022 from “U Can Do It Foundation” to “Heart of Love” to develop the charity.

The core mission of Heart of Love is to directly support the families and caregivers to respond to issues of overburden, isolation, boredom, and lack of engagement of their children with learning difficulties. Also, to allow caregivers to take a break from caregiving and take care of their own health and other non-related responsibilities.

Heart of Love has been active with respite care services in Southwark London and Milton Keynes. The general focus of the respite care sessions organised by Heart of Love have always been children with: autism, learning difficulties and disabilities, and their caregivers.

### **The situation**

Concerns brought to Heart of Love through networking were raised on restrictions on the children’s health seeking behaviours since the pandemic in the UK. Over the past years our activities offered to our service users where successful .

Most disabled people need help when it is time for shopping but with the current pandemic of covid-19 their families were not willing to go shopping with them and were frightened that they were at high risk of catching the virus. Our service users and their families were more demanding than ever. We had numerous phone calls from parents seeking for help. Large proportions of our service users and their families were from ethnic minorities with little or no support from friends and extended families .

The aftermath of Covid -19, impacted negatively on our service users. Most families where now comfortable staying indoors due to the new routine that they have developed with their children and were struggling to find a new way to adapt to the aftermath of Covid-19. Many of our service users have grown up and past the ages that Heart of Love offers services.

### **Project Preparation**

Unfortunately due to funding we were not able to do our project effectively .

### **Activities**

The following activities took place during the project period;

### **Recommendation**

To Change the objective of the charity to the needs of the people in the community. We were unable to receive funds to carry out our services but we're hoping to apply and contact proposed donors.

### **Changes**

We have added one new board of trustee and the trustees also have decided to change the objective of the charity since our service users have grown-up and no longer fall in the age group we offer our service.

we hope to resume back very soon with our new objective.

The Board of Trustees

Miss Susan Rogers

U Can Do It Foundation

97 Friary Road

London

SE15 1PY

**HEART OF LOVE**

England & Wales - Charity number 1185721

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# Accounts

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# HEART OF LOVE CIC

## 2022/2023

### **Trustees' Annual Report: 01/05/2022 to 30/04/2023**

#### **Introduction**

Heart of Love has been in existence since 2019 and was founded in the United Kingdom. However, the board of trustees came together and decided to change the name in 2022 from "U can do it foundation" to "Heart of Love" for the development of christianity.

The core mission of Heart of Love is to directly support the families and caregivers to respond to issues of overburden, isolation, boredom, and lack of engagement of their children with learning difficulties. Also, to allow caregivers to take a break from caregiving and take care of their own health and other non-related responsibilities.

Heart of Love has been active with respite care services in Southwark London and Milton Keynes. The general focus of the respite care sessions organised by Heart of Love have always been children with: autism, learning difficulties and disabilities, and their caregivers.

#### **The situation**

Concerns brought to Heart of Love through networking were raised on restrictions on the children's health seeking behaviours since the pandemic in the UK. Over the past years our activities offered to our service users where successful .

Most disabled people need help when it is time for shopping but with the current pandemic of covid-19 their families were not willing to go shopping with them and were frightened that they were at high risk of catching the virus. Our service users and their families were more demanding than ever. Due to the covid-19 crisis we had numerous phone calls from parents seeking for help. Large proportions of our service users and their families were from ethnic minorities with little or no support from friends and extended families who had caught covid-19 or were in isolation.

The aftermath of Covid -19, impacted negatively on our service users. Most families where now comfortable staying indoors due to the new routine that they have developed with their children and were struggling to find a new way to adapt to the aftermath of Covid-19. Many of our service users have grown up and past the ages that Heart of Love offers services.

### **Project Preparation**

Surveys were sent to 110 parents of our service users in our community to enable us to know their struggles and needs. After collecting the parents' feedback, we identified a hundred (100) surveys, a large proportion of children in our local community some of whom are autistic and have learning difficulties. The parents of these children expressed interest and desire to see more community support in the neighbourhood specifically tailored to support children with disabilities and their families who are no longer living with them. Unfortunately we could not be of help because this is not part of Heart of Love's objectives.

### **Activities**

The following activities took place during the project period;

#### **1. Counselling sessions and emotional support**

A counselling and emotional support session was given to our service users. These sessions took place in the second week of every month. Each session lasted for three (3) hours. Parents and caregivers were taken through counselling sessions to relieve them from depression, mental health and the fear the pandemic possesses. This was done both in groups and online through zoom.

#### **2. Free support doing their shopping**

Heart of Love was able to do their food shopping for those who needed the support and who were unable to go outdoors.

#### **3. Trips to the park**

This was done in small groups. We organised these trips once every first Saturday of the month. This was for children living with autism, learning difficulties and disabilities in

our community. They played and had fun and at the end they enjoyed every moment spent.

### **Evaluation**

The project was a very successful one. Parents and caregivers who took part in the Counseling and emotional support confessed that it has really helped them to overcome the depression and fears they were harbouring and wished the sessions continued for a longer period.

Offering to help to do their shopping was also helpful and most of the service users benefited from the project. It was evident on their faces with the smiles whilst our volunteers delivered the food .

The few children that are in our age range also had fun during the trip to the park. They played and had fun with their colleagues while our volunteers looked on with smiles all over their faces.

With all this success the project has achieved, we, at Heart of Love and our service users felt we could have done more by extending the project period but with the financial constraint of our foundation, we had to end it.

### **Recommendation**

The respite care organised by Heart of Love has had a fruitful impact on the children living with autism and their parents and caregivers who partook in it over the years. The importance and usefulness of this project was demonstrated by the service users.

It is recommended that these activities should take place every year for a longer period. However, we were unable to receive funds but we're hoping to apply and contact proposed donors.

### **Donors /Funds**

None

£0

### **Changes**

We have added one new board of trustee and we hope to resume back to our normal respite care session.

The Board

Miss Susan Rogers

U Can Do It Foundation

97 Friary Road

London

SE15 1PY

**HEART OF LOVE**

England & Wales - Charity number 1185721

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# Accounts

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# U CAN DO IT FOUNDATION CIC

## 2020/2021

### **Trustees' Annual Report: 01/05/2020 to 30/042021**

#### **Introduction**

U Can Do It (UCDI) Foundation has been in existence since 2019 in the United Kingdom .

The core mission of U Can Do It (UCDI) Foundation is to directly support the families and caregivers to respond to issues of overburden, isolation, boredom, and lack of engagement of their children with learning difficulties. Also, to allow caregivers to take a break from caregiving and take care of their own health and other non-related responsibilities.

U Can Do It (UCDI) Foundation has been active with respite care services in Southwark and Milton Keynes. The general beneficiaries of the respite care sessions organized by U Can Do It (UCDI) Foundation have always been children with autism, learning difficulties and disabilities, and their caregivers.

#### **The situation**

Concerns brought to U Can Do It (UCDI) Foundation through networking were raised on restrictions on the children's health seeking behaviors since the current pandemic in the UK. There was less attention given to illnesses other than that of COVID-19 patients. This contributed to the increased stress and hypertension of parents and caregivers who used to frequently visit the hospital to seek care for their children with disabilities. Moreover, the fear of contracting the virus at the various health centers also contributed to less attendance to/ no appointments for therapies that children of autism, learning difficulties and disabilities used to enjoy.

Disabled children are children with special needs. By closing schools, the one to one learning support they used to get from their teachers and participation in social activities such as our normal free respite care session in their communities were absent, therefore

Covid -19 impacted negatively on our service users. Most disabled people need help when it is time for shopping but with the current pandemic of covid-19 their families were not willing to go shopping with them and were frightened that they were at high risk of catching the virus. Our service users and their families were more demanding than ever before, due to covid-19 crisis we had numerous phone calls from parents seeking for help. Large proportion of our service users and their families were from ethnic minorities with little or no support from friends and extended families who had caught covid-19 or were in isolation.

### **Project Preparation**

Surveys were sent to 110 parents of our service users in our communities to enable us to know their struggles and needs. After collecting the parents' feedback, we identified hundred (100) surveys, a large proportion of children in our local community some of whom are autistic and have learning difficulties. The parents of these children expressed interest and desire to see more community support in the neighborhood during covid-19 specifically tailored to support children with disabilities and their families to relief them from stress, Isolation and hardships. To ensure that a wide range of people participate and benefit from the project, there were no cost or fees.

### **Activities**

The following activities took place during the project period;

#### **1. Counselling sessions and emotional support**

A counselling session and emotional support was given to our service users. These sessions took place on the second week of every month. Each session lasted for three (3) hours. Parents and caregivers were taking through counselling sessions to relief them from depression, mental health and the fear the pandemic possess. This was done both in groups and online through zoom.

#### **2. Free meals and PPE support**

Considering that these families have low incomes and less privileged; U Can Do It saw it necessary to provide food support to these families. Food was taken from the food bank and supplied to these families with the help of our abled volunteers. We also bought some of the foods to support what we had from the food bank which was not sufficient.

We also bought some PPE and toiletries to support our service users who were in need. These were done twice a week for six months and it really brought relief on the beneficiaries. Due to extra funds we were able to continue for a few months.

### **3. Trips to the park**

This was done in small groups following the government guidelines. We organized these trips once every first Saturday of the month. This was for children living with autism, learning difficulties and disabilities in our community. They played and had fun and at the end they enjoyed every moment spent.

### **4. Distribution of PPEs and summer clothes**

Personal Protection equipment's like face masks, sanitizers and soaps were provided under this project. We also bought and distributed summer clothes for most of our service users.

In all, it was a relief, fun, and exciting for the parents, caregivers and the children living with autism.

### **Evaluation**

The project was a very successful one. Parents and caregivers who took part in the Counseling and emotional support confessed that it has really help them to overcome the depression and fears they were harboring and wished it continued for a longer period. The meals and medical distribution also help most of the service users who benefited from the project. It was evident on their faces with the smiles while our volunteer delivered the food and medicine to them.

The children also had fun during the trip to the park. They played and had fun with their colleagues while our volunteers look on with smiles all over their faces.

The PPEs delivered to our service users help them with the fight and spread of the Covid-19 pandemic.

With all these successes the project achieved, we at U Can Do It foundation and our services users felt we could have done more by extending the project period but with the financial constraint of our foundation, we had to end it.

### **Recommendation**

The respite care organized by U CAN DO IT FOUNDATION has had a fruitful impact on the children living with autism and their parents and caregivers who partook in it. The importance and usefulness of this project was demonstrated by the service users.

It is recommended that these activities should take place every year for a longer period. It will go a long way to help the children and their caregivers.

Again, more donors and well to do individuals should be encouraged to support this project in the future.

### **Donners /Funds**

Big lottery £9,900.00

City of london £5,650.00

### **Changes**

The board of trustees still remains the same and we hope to resume back to our normal respite care session.

The Board

Miss Susan Rogers

U Can Do It Foundation

2 Stoner Court

Great Holm

Milton Keynes

MK8 9AP



**FINANCIAL STATEMENT FOR THE PERIOD**

**Income:**

Big Lottery (Covid-19 Response)

**Expenditures:**

PPE- Hand sanitizer, gloves

Food

Clothing and Toiletries

Mobile Phones

Transportation- for shopping and hospital

Telephones Calls- Counselling sessions

Overheads- including Insurance for Workers

**Income:**

City of London

**Expenditures:**

Food

Clothing and Toiletries

Mobile Phones

Transportation- for shopping and hospital

Telephones Calls- Counselling sessions

Overheads- Workers

**Income:**

Public Contributions

**Expenditure**

Website maintenance

**Total:**



**Period 01/05/2020 to 30/04/2021**

£ 9,900.00

- £ 250.00
- £ 3,900.00
- £ 900.00
- £ 200.00
- £ 500.00
- £ 150.00
- £ 4,000.00

£ 5,650.00

- £ 2,800.00
- £ 500.00
- £ 200.00
- £ 500.00
- £ 150.00
- £ 1,500.00

£ 217.13

£ 217.13

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