VOICES OF HOPE

England & Wales · Charity number 1187454

Details

Status	Registered
Legal form	CIO
Registered	2020-01-20
Register	View on the Charity Commission register

Contact

Address	Voices of Hope 161A Clarence Street Kingston Upon Thames Surrey KT1 1QT
Phone	07714635716
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Website	www.voh.org.uk

Activities

Objects: 1. TO RELIEVE INDIVIDUALS WHO ARE IN NEED, DUE TO AGE, ILL-HEALTH, DISABILITY, FINANCIAL HARDSHIP, OR OTHER DISADVANTAGES, INCLUDING SOCIAL DISADVANTAGE, IN PARTICULAR (BUT NOT EXCLUSIVELY) BY SUPPORTING WOMEN AND CHILDREN AFFECTED BY GENDER-BASED VIOLENCE AND/OR WHO FACE MULTIPLE DISADVANTAGES. 2. TO ADVANCE PUBLIC EDUCATION ON THE PREVENTION OF GENDER-BASED VIOLENCE, ECONOMIC HARDSHIP AND OTHER DISADVANTAGES TOWARDS WOMEN AND CHILDREN THROUGH AWARENESS CAMPAIGNS, TRAINING, EMPLOYABILITY SUPPORT, COMMUNITY-BASED SESSIONS, AND RESOURCES THAT PROMOTE AWARENESS AND SOCIETAL CHANGE.3. TO ADVANCE EDUCATION OF THE PUBLIC IN THE ARTS, IN PARTICULAR BUT NOT EXCLUSIVELY IN THE ART OF MUSIC, BY THE PRESENTATION OF RECITALS, CONCERTS AND OTHER ACTIVITIES AS THE TRUSTEES SHALL DECIDE.

Activities: Voices of Hope is a locally founded charity dedicated to bringing people from "At Risk" to "Thriving" through three main project streams; specialist women's services, food insecurity projects and creative arts projects supporting physical and mental health. You can find out more information by visiting www.voh.org.uk.

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Classification

- **How:** Provides Services
- **What:** Disability, Arts/culture/heritage/science
- **Who:** Children/young People, Elderly/old People, People With Disabilities, The General Public/mankind

Geography

- Kingston Upon Thames
- Richmond Upon Thames
- Surrey

Finances

Period end	Income	Expenditure	Assets	Employees
2025-03-31	£643,407	£610,517	£182,724	16
2024-03-31	£470,049	£426,392	-	-
2023-03-31	£354,507	£344,471	-	-
2022-03-31	£287,700	£274,473	-	-
2021-03-31	£236,207	£153,293	-	-

Trustees

Name	Role	Appointed
Elisabeth Anne Vernon	Chair	2023-02-13
Clare Suzanne Wingfield		2026-05-21
Clive Anthony Harrington		2023-09-12
Jeevan Mahesan		2020-08-10
Keath Wayne Gaitskell		2024-07-08
Rebecca-Anne Harrington		2024-02-27
SARAH JAYNE JARVIS		2024-06-19

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VOICES OF HOPE

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Accounts

Voices of Hope

Working together, transforming lives

voh.org.uk

Charity no. 1187454

CEO Foreword

When I look back on the past five years, I am amazed at the multiple stories of hope and restoration - of pockets of community slowly being rewoven through hope, creativity, and the rebuilding of trust. We began simply as a small response to local need and it has been nothing short of miraculous to see all that has grown and unfolded.

As staff, we get the immense honour of seeing transformation up close - in the formidable resilience of a woman standing to speak or sing at an event for the first time, or in the laughter of volunteers and young people packing 300 BRITE Boxes every week!

Leading Voices of Hope continues to be one of the greatest privileges of my life and I'm profoundly grateful to every person who has been a part of our journey over the last 5 years; staff, volunteers, partners, funders, and friends. Your engagement and passion in this vision has made all that you see in this report possible.

With huge thanks to each and every one of you,
Sarah

From At Risk to Thriving – Renewed Vision, Sharpened Focus

This year marks five years since Voices of Hope was officially registered as a charity with the Charity Commission on 20 January 2020. In that time, what began as a small community initiative has grown into a vibrant, multi-strand charity, deeply rooted in compassion, creativity, and transformative action.

In 2024–25 alone, we reached 4,865 individuals on a weekly basis through our programmes and engaged an average of 163 volunteers each week giving an incredible 14,500 hours over the year — evidence of both scale and personal connection. We are deeply proud of all that has been achieved and remain profoundly grateful to everyone who has contributed time, expertise, resources, and encouragement.

This year has also been one of deep alignment and strategic renewal. Our updated charitable objectives, approved by the Charity Commission in March 2025, reaffirm what has long been central to our work: **supporting women and children, especially those facing gender-based violence, poverty, and systemic disadvantage, to rebuild their health, confidence, and long-term independence.** This renewed mandate has helped to focus our energy, shape our partnerships, and better communicate our purpose to funders, collaborators, and communities.

We now operate through three integrated initiatives:

- Specialist Women's Services, offering
  - Women's Hubs that provide trauma-informed, wraparound support
  - Survivor Empowerment Programmes, including forums, campaigns, resources, and training
- BRITE Box and the emerging development of Baby BRITE Box, equipping children and families with practical tools to eat healthily together
- Creative Arts for Wellbeing, using choirs, creative sessions and the Active Breathing Course to support emotional resilience, confidence, and voice for both women and children

We aim to help women and children not just survive adversity but regain agency, restore wellbeing, and thrive. Creative Arts remains the connective tissue across all our work as it acts as a catalyst—restoring voice, nurturing wellbeing, and strengthening relationships. Importantly, it also opens routes into volunteering, leadership, and employment, particularly for women rebuilding after trauma. In this way, our Creative Arts programme directly supports our charitable objectives - empowering people to heal, actively participate, and shape their futures. The sections that follow reflect how we've turned our vision into action. They share what we've delivered, learned, and celebrated with a key focus on the voices of those we serve.

Specialist Women's Services

Women's Hubs – Outreach Focus – Survivor Empowerment

WOMEN supported **530**

Hubs - Kingston, Richmond & Elmbridge

Our Specialist Women's Hubs in Kingston, Richmond, and Elmbridge supported over 530 women this year, offering consistent, trauma-informed spaces for women facing abuse, isolation, or multiple disadvantage. These hubs are at the heart of Voices of Hope's mission, addressing gender-based violence, economic hardship, and health inequality with holistic, relationship-driven care.

- **Kingston:** 350 women engaged; 180 received one-to-one advocacy/pastoral care; 40 accessed formal advocacy support; 160 were new to the Hub this year
- **Richmond:** 153 women supported in its first full year of delivery; 4 participated in survivor empowerment work
- **Elmbridge:** Launched in February 2025; 27 women accessed the Hub within the first 6 weeks
- **All:** Creative and Wellbeing Sessions: 28 regular sessions offered, from trauma-informed movement and creative writing to pilates, cooking and crafts; 190 women participated, with:

93%	**reported improved mood**	**87%**	**built friendships outside of sessions**
83%	**reported reduced anxiety**	**92%**	**felt an increase in confidence or self expression**

The Women's Hub model is intentionally flexible and survivor-centred, built to meet each woman where she is—whether in crisis or at a point of rebuilding. It offers a clear, trauma-informed pathway from safety to confidence, agency, and community connection.

“Voices of Hope is the most welcoming and uplifting place I’ve ever been to. Everyone genuinely cares for one another. You have the most amazing conversations and meet people you’ll never forget.”

Case Studies

One woman, living with partial facial paralysis, came to the Sisterhood Choir on the advice of her GP. Initially hesitant to engage, she gradually found her voice through song. Over time, she reported improved facial movement, confidence, and social connection. “I never thought I’d sing again,” she shared through tears. “But this choir gave me more than music—it gave me back my voice.”

Another participant joined Cook & Dine while experiencing severe depression. Initially withdrawn, she began cooking, laughing, and eventually hosting meals for others. “I feel like I matter now,” she told us, “this gave me purpose.”

“Coming to the Richmond Women’s Hub is my weekly dose of medicine.”

“I feel so empowered and motivated after each class. Thank you for creating such a wonderful space for us!”

Outreach Focus

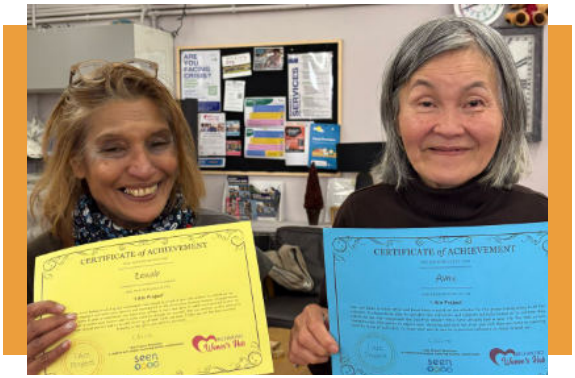
New outreach focused on Modern Slavery and Exploitation (MSE) was piloted in Kingston. Our mapping project, supported by Kingston Council, engaged over 200 practitioners across sectors to assess awareness and support structures. A new practitioner network was formed, and early interventions supported survivors including those with NRPF (no recourse to public funds) or hidden status.

"Voices of Hope gave me more than help—they gave me dignity when I had nothing else left."
-Maria

43	**Outreach events were held**
47%	**increase in attendance from last year**
11	**Safeguarding referrals**
22	**women joined wellbeing sessions**

In parallel, **we continued our outreach to minority communities**: our outreach work included language-specific sessions, interfaith gatherings, and mother-and-baby groups. In Kingston's Cambridge Estate, we engaged 45 women via estate-based drop-ins and home visits—72% of whom had never accessed formal support before. This work led to women being able to access safeguarding support and joining wellbeing sessions.

Our desire through these outreach engagements is to walk alongside women as they rediscover dignity, agency, and healthy community.



"This is the first time I've felt like someone sees me. You always come back. That means something."
– Cambridge Estate resident

Hub Leadership, Staffing and Volunteer Progression

In 2024–25, 16 women progressed from participants to volunteers or peer facilitators across our Women's Hubs.

These roles helped rebuild confidence and offered a springboard into leadership and advocacy. Several women also began mentorship towards community engagement, paid facilitation, and public speaking - reinforcing our commitment to long-term self-efficacy and sustainable employment pathways.

We also embedded **a new staffing model across the Hubs, appointing dedicated Coordinators at each site.** Capacity for Pastoral and Advocacy staff was expanded, and we formalised consistent operational systems, including weekly team meetings and new tools for staff wellbeing, supervision, safeguarding, and impact tracking.

"During a particularly stressful time while my own mental health was struggling, I found enormous rest and relief in our sessions. The laughter and sharing meant we all left feeling lighter—and I was more able to jump back into my lengthy to-do list."
-VoH staff member
(reflecting on wellbeing sessions)

Women's Services Funding and Partnerships

Women's services in the UK remain among the most underfunded areas of social impact. Recent research conducted by Pro Bono Economics reveals that organisations run by and for women and girls receive just 1.8% of total charitable grant funding. We are deeply grateful to the following local funding for sustaining this critical work:

- **Mayoral Funding:** £12,500
- **Elmbridge Cost of Living Fund:** £10,127
- **RBK Resilience Fund:** £19,645
- **Richmond Civic Pride Fund & LBR Direct Award:** £19,000
- **RBK Direct Award:** £39,203

The Women's Hubs are based on a partnership model with each organisation contributing sessions / assets / referral pathways. Key Hub partners include: Borough Community Safety teams in Kingston, Richmond and Elmbridge, Refuge, MIND Kingston, Walton Charity, North Surrey Domestic Abuse Service, St John's Church Walton, Richmond Vineyard, Spurgeon's Elmbridge, KingsGate Church Kingston, Doxa Deo Community Church Kingston, and Jigsaw4U.

BRITE Box

Strengthening Family Nutrition, Skills, and Connection

BRITE Box continued to provide weekly, hands-on meal kits to children and families, empowering them to cook healthy meals together and build lasting habits around food. This year, the programme expanded into **Croydon, Merton, and Wandsworth**, alongside sustained delivery in Kingston, Elmbridge and Richmond—reaching **1010 families** weekly across **42 schools** in **8 boroughs**, through a blend of managed and social franchise hubs.

The project remains deeply aligned with our charitable objectives - supporting children by tackling food insecurity, improving health outcomes, and equipping families with the tools to thrive. In addition to practical cooking support, BRITE Box fosters routine, creativity, and shared time, especially for families under stress.

"BRITE Box has been a lifeline on tough weeks – and my kids actually enjoy cooking now!"
– Parent

"Because of BRITE Box, my children like broccoli and courgettes now, which they didn't before."
– Parent

Three-Year Impact: Research Findings

This year, we completed our first three-year evaluation report, drawing together data from family surveys, school feedback, and external evaluation partners. The findings clearly demonstrate BRITE Box's long-term value in improving health, confidence, and connection.

93% **families reported increased confidence in preparing healthy meals**

89% **children tried new foods through BRITE Box recipes**

82% **families noticed improved mealtime routines and reduced stress**

71% **said the programme helped them manage their food budget better**

Schools also reported that the programme supported pupil engagement, curriculum enrichment, and strengthened relationships with families.

SEN Spotlight

Our independent evaluation placed a strong emphasis on the experience of families of children with special educational needs (SEN). These families often face additional barriers to healthy eating—including sensory sensitivities, limited cooking confidence, and financial pressures.

Key outcomes:

- Improved dietary variety, with children more open to trying vegetables
- Increased parental confidence around food and meal planning
- Enhanced family bonding and calmer mealtimes
- Positive impacts on literacy, numeracy, and emotional engagement through cooking-related tasks

These findings are shaping the next phase of the programme, as we seek funding to increase our support to children with additional needs through BRITE Box.

"My son, who has autism, never touched vegetables before. Now he helps cook them and even eats them. It's been transformative for our family."
– Parent, Blossom House School

Baby BRITE Box

Laying Foundations for Healthy Eating from the Start

In the beginning of 2025, we started to develop the concept for **Baby BRITE Box** as a practical, in-home intervention to support infant nutrition and healthy weaning. It is being designed to complement the work of public health teams, family hubs, and local charities supporting young parents. While existing NHS-led workshops provide vital information and encouragement, Baby BRITE Box will bridge the gap between **knowledge and practice** by delivering hands-on, step-by-step support directly into the home.

Each family will receive a weekly box over **8 to 12 weeks,** containing:

- Healthy ingredients for both baby and mother
- Clear, easy-to-follow weaning recipes aligned with NHS guidance
- Essential weaning tools to support practical learning

The programme will place equal emphasis on **maternal nutrition,** helping parents build sustainable cooking routines that benefit the whole household. By making weaning enjoyable, pressure-free, and achievable, we hope that Baby BRITE Box will foster confidence and promote lasting food habits from the earliest stages of life.

This intervention responds to urgent public health needs: recent data shows that **UK toddlers receive nearly 47% of their calories from ultra-processed foods by 21 months**, and that **weaning confidence is particularly low among families in deprived areas**. By reducing barriers related to cost, access, and knowledge, Baby BRITE Box will support healthier starts and help reduce future health inequalities.

We are currently working in partnership with NHS teams and Public Health teams to embed Baby BRITE Box into borough-wide strategies, with **pilot delivery planned for 2025–26.**

Funding and Growth

This year saw significant investment in BRITE Box's expansion and sustainability. Funding was secured from **NHS South West London (£135,000**) to support new delivery hubs in **Croydon, Merton and Wandsworth**, and from **Public Health England** via **RBK (£89,968 over three years)** for continued Kingston delivery. **Richmond Parish Lands Charity** confirmed multi-year core support, while **Walton Charity** continued their valued partnership with a further **£22,000 awarded.**

Additional grants included **£21,060** from **The Hampton Fund, £7,020** from **Elmbridge Borough Council**, and targeted funding from the **Shanly Foundation**, and **Wimbledon Foundation.**

Highlights & Innovation

- **42 schools** engaged across **five boroughs**
- Delivered through **4 managed hubs** (Kingston, Richmond, Elmbridge, Wandsworth) and **4 social franchise hubs** (Merton, Croydon, Southwark, Armagh)
- Introduced **school-based cooking classes** (e.g. at St Joseph's)
- Engaged in **strategic learning events** (e.g. the Premier League Charitable Fund and IHI)
- **Presented** the BRITE Box model at the **IHI/BMJ Conference**

Creative Arts

Voice, Wellbeing, and Pathways to Flourishing

The Creative Arts Programme at Voices of Hope is a strategic and therapeutic strand of our mission to transform the lives of women and children facing gender-based violence, hardship, and systemic disadvantage. By engaging in the arts, participants reclaim voice, develop confidence, and improve wellbeing. Many go on to take leadership roles, volunteer in their communities, or move into meaningful employment within the Creative Arts Programme or Voices of Hope's wider work.

This year, Creative Arts continued to serve as a vital pathway for healing and thriving, supporting our charitable objectives by addressing mental and physical health challenges, reducing isolation, and building self-efficacy - particularly for those affected by trauma or anxiety. The programme brings people together in accessible, joyful ways, providing both immediate therapeutic benefit and longer-term opportunities for growth.

Our two main programme offerings are weekly community choirs and the Active Breathing Course. From our 2024 evaluations:

97% **described the choir as "very positive" overall (100% positive)**

100% **participants managing anxiety reported improvement**

95% **said sessions lifted their mood**

71% **said their energy levels improved**

Choirs: Connection Through Song

We delivered 14 choirs across community and care settings in 2024–25, with an average 270 weekly participants. New choirs were launched at Elmbridge Women's Hub, The Bradbury Centre, and Surbitonian Gardens.

Choirs are intentionally inclusive, creating welcoming spaces for a wide range of participants, including neurodiverse individuals, those with visual impairments, women in recovery from trauma, and older adults living with dementia. Sessions are carefully adapted to meet varied needs using accessible lyric formats, flexible participation styles, and trauma-informed approaches. This inclusive design not only enabled people to participate at their own pace, but also fostered deep connection and belonging. For many, it was the first group setting where they felt safe, accepted, and able to contribute as themselves.

"It is the highlight of my week and takes priority in my busy life—it's the best outlet ever!"
– Choir participant

"I feel like I belong to a special community that has a great connection between women—it's a unique thing."
– Sisterhood Choir participant

Choirs performed throughout the year at care homes, churches, community centres, and public venues, including Staines Community Centre, Kingston Marketplace, and Ashford Salvation Army, reaching diverse audiences across London and Surrey. Highlights included the VoH Christmas Concert with over 300 in attendance, Pearl Awards, and Mental Health Awareness Week events.

"We started with only three people. Now we have 40 members! Singing has helped my anxiety, given me confidence, and brought so much laughter. I've made 39 new friends. Voices of Hope and our choir leader has changed everything for me."
-Rosie (Spelthorne Choir)

Project Spotlight

We also continued our Meaningful Memories project, funded by the Foyle Foundation. This unique initiative brought together older adults from across our choirs to co-create, record, and release a Christmas single, Stars, in partnership with Voices of Hope Ambassador and composer Joanna Gill. The song was inspired by personal memories of Christmas—gathered through reflective workshops—and written collaboratively with participants.

The final recording, featuring vocals from 138 singers across four of our community choirs (alongside supporting vocals from the London Fire Brigade Choir), was released on 1st December 2024 on major streaming platforms and distributed on CD to ensure accessibility for those without digital access. While final download and stream numbers were still being compiled at the time of reporting, the teaser video achieved 13,000 views, and choirs performed the song at Christmas concerts reaching an estimated 1,000 audience members.

This project fostered creativity, connection, and intergenerational joy—offering many participants their first-ever experience of recording a song. Participants described the process as "challenging but exhilarating," with one noting:

"It was a new and exciting experience... We had the privilege of having two Christmases in one year! The most important thing was the joy of knowing we all helped create a beautiful sound."

Meaningful Memories demonstrated the emotional and cognitive value of group music-making for older adults, including those living with dementia. The project amplified participants' voices, celebrated their contributions, and highlighted the deep therapeutic potential of song to spark memory, wellbeing, and belonging.

ABC: Breathing for Strength, Resilience and Recovery

The **Active Breathing Course (ABC)** combines guided breathing techniques with vocal exercises, and creative activities. Originally developed to support those experiencing anxiety and post-COVID breathlessness, the programme has expanded significantly in 2024–25, offering tailored support to adults with cancer and exploring development for children along with courses for asylum seekers and refugees in partnership with Clear Voice business.

Cancer ABC

Delivered in partnership with hospital / primary healthcare providers and supported by the National Lottery, this course supported individuals living with and beyond cancer. Sessions provided tools to manage breathlessness, improve energy, and reduce anxiety during and after treatment. Aligned with our charitable objectives, we employed and trained women with professional backgrounds/experience in music, breathing, and therapeutic fields - offering flexible, meaningful roles that utilised their expertise while contributing to wider community wellbeing. This approach not only strengthened the quality of delivery but created opportunities for skilled women to be upskilled and to step into leadership and income-generating roles in health and wellbeing.

"ABC gave me something I could actually use every day. It helped me manage stress, regain control, and connect with my body again."
– Cancer ABC participant

92%	**reported improvements in breathing capacity**	78%	**said the course helped with daily anxiety**
87%	**saw reduced breathlessness**	81%	**reported an improved mood**

BBA
BIG BREATHING ADVENTURE!

In response to the growing need for trauma-sensitive health and wellbeing tools for children, we have laid the groundwork for the Big Breathing Adventure (BBA)—a creative adaptation of our ABC programme tailored for younger audiences. This year, we established key partnerships with Get Better Books (working on the creative design of the course), Kingston University's business and graphic design departments, and Cambridge University Hospitals (CUH). CUH has an extensive paediatric department and is supporting the integration of the Big Breathing Adventure into clinical pathways **for children experiencing disordered breathing and anxiety-related conditions.**

The need is significant: recent NHS data shows that **1 in 6 children in the UK now experience a probable mental health condition,** and anxiety remains one of the most common challenges. Children with chronic breathlessness or post-viral respiratory symptoms—often exacerbated by stress—require holistic, accessible tools to support recovery and emotional regulation.

BBA is being designed to meet this need by combining **controlled breathwork exercises, creative activities, and body awareness** in a developmentally appropriate, trauma-informed format.

Our goal is to empower children with lifelong self-regulation tools while reducing the strain on clinical services.

This work will move into pilot delivery and evaluation stages in 2025–26, with long-term potential for integration into additional hospital settings and wellbeing initiatives.

Innovation, Learning, and Growth

We introduced weekly Creative Arts Team meetings to strengthen collaboration and shared learning, alongside dementia-focused training to support inclusive delivery. TV lyric screens improved accessibility and connection in choirs, particularly for those with memory or visual impairments. We also trained four new ABC tutors and continued to develop peer leadership pathways, enabling women—especially from Sisterhood Choirs—to step into co-facilitation and creative roles.

We also welcomed two Creative Arts Ambassadors, whose expertise and passion have added extraordinary value to our work:

Joanna Gill is an award-winning composer whose music has been commissioned by King Charles, performed live on BBC1, and featured on BBC Radio 3. She also works as an orchestrator for a Netflix series, conducts two chamber choirs, and directs classical music at Holy Trinity Brompton. Joanna is passionate about the healing power of music and brings this conviction to her role as Ambassador for Voices of Hope.

Dr Fi Costa, trained at the Royal College of Music, is a research fellow at the University of Roehampton whose work explores music's role in mitigating pain, anxiety, and memory loss. She co-authored Take Note: 100 Everyday Musical Ideas for Carers to Use with Older People and regularly leads intergenerational concerts attended by babies, school children, and care home residents. Fi also serves as a trustee for The Amber Trust and Embracing Age.

Their expertise in research, education, and community engagement has strengthened the depth and quality of our Creative Arts programme, ensuring it remains accessible, creative and evidence-informed.

Volunteering & Employment Pathways

A Note of Deep Appreciation for Our Volunteers

At the heart of Voices of Hope are the volunteers who give their time, energy, skills, and compassion to help others move from 'at risk' to thriving. Whether supporting at our Women's Hubs, preparing BRITE Boxes, co-leading choirs, or diligently making things happen behind the scenes, our volunteers are nothing short of incredible and bring our mission to life.

This year, more than 163 individuals volunteered across our projects - many of whom are themselves on journeys of recovery, growth or change. Their presence has shaped both the delivery of our services, and the culture of community and compassion that defines Voices of Hope.

To every person who gave their time and invaluable support this year: thank you! Your generosity, passion and willingness to serve are deeply valued by the whole of the VoH staff team. We simply could not do this without you.

"The charity is run very well and is a very supportive place to volunteer, the projects VoH supports are fantastic and reach a real need in the community, it is hugely rewarding knowing that we are making a valuable difference in the local community."

- Jane

Empowerment & Employment Pathways

Creating pathways from "at risk" to thriving often means supporting people not just emotionally and socially, but vocationally too. Throughout 2024–2025, Voices of Hope provided a range of structured volunteering opportunities, skill-building activities, and mentoring that helped community members transition into meaningful employment.

External Partnerships Supporting Employment:

- **7 student placements** through Kingston University
- Collaborations with St Mary's University
- Referrals to accredited courses (e.g. Venus Healthcare)
- **1 year-long funded student** sandwich-year placement through MiQ and Kingston University partnership

Summary of Our Approach:

Throughout 2024–25, we prioritised practical pathways into work and volunteering across all our programmes. From Women's Hubs and BRITE Box to Choirs and ABC, we sought to give individuals opportunities to gain skills, contribute meaningfully, and transition into paid work.

Volunteering provided many with the space to build confidence, rediscover skills, and test new ones. For several, this became a springboard to paid work.

Employment Outcomes:

Noticeably, in line with our core commitment to supporting women towards long-term independence and self-efficacy, **13 women from our Women's Hubs** progressed from beneficiaries to volunteers and further into roles—including ABC tutors, choir leaders, cooking instructors, childcare providers, and survivor speakers. An additional 4 volunteers (not initially beneficiaries) progressed to employment within BRITE Box.

Training and Upskilling:
Training delivered across 2024–25 included several foundational and specialist sessions made available to all staff and, where possible, volunteers / beneficiaries of our programmes. These shared learning opportunities reinforced consistent trauma-informed practice and helped equip team members for safe and effective community work.

Throughout the year, we delivered a robust programme of training to equip staff, volunteers, and facilitators with the knowledge and skills needed to provide safe, inclusive, and trauma-informed support. Key areas included:

- **Trauma and abuse awareness** – including specialist sessions on trauma-informed engagement, domestic violence, and modern slavery
- **Health and wellbeing-focused training** – such as dementia and cancer impact training for ABC and choir tutors, neurodiverse inclusion, and food hygiene tailored to our values-based delivery
- **Systems and safeguarding** – including safeguarding, dynamic risk assessment, MARAC processes
- **Skills for empowerment and community leadership** – such as public speaking, Asset-Based Community Development, and fire and health & safety training

Core Operations & Organisational Development

This year, Voices of Hope continued to invest in the systems, teams, and infrastructure needed to sustain our expanding reach. Amid growing demand, shifting funder priorities, and rising public need, we remained agile and intentional in strengthening our core.

Strategic Focus:

- Established dedicated Community Fundraising and Comms/PR teams, improving project alignment and public visibility
  - Communication increased reach
    - Engaged over 1,050 newsletter subscribers with an open rate of 54% (up from 35.9% last year)
    - 56,000+ website visitors since the last relaunch
    - An average of 22,858 views on Instagram, with 53.1% from followers and 46.9% from non-followers.
    - 6,461 accounts reached on Instagram (+69.1% increase from last year)
    - An average of 54,409 views on Facebook (73.6% increase from last year)

Women's hub celebrates one year of vital support

By HOLLY BRENCHER
holly.brencher@newsquest.co.uk

THE Richmond Women's Hub has celebrated its first anniversary.

Since opening in early 2024, the hub, located at the Vineyard Community Centre in Richmond, has provided support to women affected by domestic abuse, sexual violence, trauma and other complex life experiences.

Every Wednesday, women from across the borough come together for a day of connection and skill-building, as well as activities including singing, arts and crafts and pampering.

There are also wellbeing workshops, food bank resources, and skills-based sessions such as English lessons and retail training.

The hub works with Twickenham-based charity SEEN to deliver workshops focused on building self-esteem and making healthy relationship choices.

Caroline Roggeveen, women's services manager at Voices of Hope, which runs the initiative, said: "We want to help women build self-confidence and equip them with the skills needed to transition into independent living."

In February 2025, the Richmond Women's Hub marked its first anniversary with a special event, coinciding with International Women's Day.

The event celebrated the resilience and growth of the women who have been supported by the hub over the past year.

The hub's involvement in the Pearl Project, an initiative honouring women who have overcome violence against women and girls, was among the standout achievements of the year.

Five of the nine women selected as "Pearls" in the first year of the project were from the Richmond hub.

One of these Pearls, Ann, shared her story after 17 years of silence following an emotionally abusive marriage.

She credited the Richmond Women's Hub and the Pearl Project for helping her rediscover her voice and confidence.

She said: "Being a Pearl was a huge honour – I felt cared for and truly heard.

"The support I received helped me share my story, and that brought me immense relief."

Neeraja Jyothikumar, the hub coordinator, said: "Any woman is welcome – whether you come as a guest, a volunteer, or someone just looking for a safe place to be.

"We're always open to growing this community."

Richmond Women's Hub has celebrated its first anniversary of support and sisterhood

- Responded to fundraising challenges with the support of a professional bid writing company to apply for larger national funders and to gain support adjusting strategy to navigate donor fatigue and economic pressures

- Maintained a strong focus on **media presence** and public reputation through campaigns, speaking engagements, and flagship events
  - Delivered 3 successful flagship events (Cycle of Change, Family Celebration and Gala Dinner) raising just short of 13K
  - VoH staff led **16 speaking engagements** at national and community forums

- Secured funding to implement **a new CRM system**—enabling improved donor engagement, data management, and reporting

- Expanded our **Finance Team** by onboarding volunteers with high-level finance experience, enhancing controls, budgeting, and transparency.

Systems and Technology:

- Deepened use of our 3D financial management system to tailor reports for different stakeholders, budget leads and project coordinators

- Streamlined payroll processes and improved internal data capture

- Upgraded accounting systems to automate workflows, support project-level budget tracking and improve backup and reporting functionality

Workplace & Team Environment:

- We introduced a hybrid-friendly, shared working environment to support flexible, cross-functional teamwork given the growth into 3 boroughs of projects.

- We launched a structured staff training and development programme to upskill team members across areas such as safeguarding, trauma-informed care, governance, project management, data protection, and fundraising. Over the year, we delivered 34 training sessions, with 96% of staff reporting increased confidence in their roles and 89% saying the training directly improved their day-to-day work.

- The charity also strengthened staff management systems, with more consistent check-ins, feedback loops, and a renewed focus on reflective practice and relational supervision.

Trustees' Financial Statement

The Trustees of Voices of Hope take seriously our responsibility to manage the charity's resources with integrity, transparency, and prudence. Throughout 2024–2025, we continued to apply robust financial controls, detailed monitoring, and forward-planning to steward our funds effectively and to mitigate risk across all areas of operation.

In a year marked by continued economic strain and heightened competition for funding, the Trustees worked closely with the senior leadership team to strengthen organisational resilience. This included:

- Partnering with a professional bid-writing consultancy to compete for larger funders and grow income
- Introducing clearer income forecasting tools across departments
- Broadening our Finance Team to enhance in-house expertise and oversight

The charity also made significant progress in risk management this year:

- Further embedded our internal reporting and accountability structures
- Maintained live risk registers across programme and operations
- Reviewed and strengthened data protection, safeguarding and employment protocols

Our decision to invest in a new CRM system reflects a strategic commitment to both transparency and long-term sustainability—allowing us to centralise information, improve reporting, and build stronger donor and partner relationships.

According to our 2024–25 Statement of Accounts, a clear area of progress was the increase in unrestricted and diversified income: we secured just over **£150,000 from non-grant and non-award sources**, a significant rise from the 2023–24 figure of 80K. This growth demonstrates the increasing financial stability of the organisation and the effectiveness of our broadened fundraising strategy.

We are grateful for the support of funders, donors, and community members whose generosity has made this year's progress possible. With careful management and a focus on long-term impact, the Trustees remain confident in Voices of Hope's financial health and capacity to grow sustainably in the years ahead.

Financial Summary

TOTAL Income	**£643,407**
TOTAL Expenditure	**£610,517**
Net Surplus	**£32,890**

Charity Assets

Cash and Bank Balances	**£246,903**
Net Current Assets	**£19,403**
Deferred Income (restricted)*	**-£83,582**
	£182,724

Charity Funds

Restricted Funds for projects	**£116,146**
Unrestricted Funds	**£39,209**
Designated Reserves	**£27,369**
	£182,724

*Designated for projects in future financial years; not in any way used to fund current expenditure

Funding Summary

£150,378
Donations & other income

£215,243
Government Funding

£277,786
Grants

Goals for 2026

Project	Goals
Core Development	• **Implement new CRM system** to improve donor data management, streamline communications, and support grant and volunteer tracking. • **Formalise volunteer pathways** and expand **university partnerships,** including a **new GP trainee placement via St Mary's University.** • **Grow core infrastructure**, including launch of an **Operations Volunteer Team** and increasing **ambassador roles.** • **Strengthen financial systems,** with automated budget tracking, improved access for project leads, and real-time reporting tools. • **Deliver High Net Worth donor events** to elevate awareness of Voices of Hope, showcase impact and innovation, and build long-term giving and legacy networks. • **Launch a schools fundraising platform** within our website, piloting with Kingston Grammar School
Women's Services	• Expand Outreach, Modern Slavery and Survivor Forum work across all boroughs • Implement the Charis Network platform with secure systems in place • Convene a policy working group to tackle systemic barriers for survivors
BRITE Box	• Expand into two new boroughs via the franchise model • Pilot and evaluate Baby BRITE Box within public health pathways • Present the BRITE Box model at the House of Lords
Creative Arts	• Expand local performances and community concerts • Scale ABC Cancer programme to 15 cycles across SW London • Secure funding and launch 'ABC for Children' pilot with monitoring and evaluation

We move into 2025/26 with focus, passion and commitment - working together to transform the lives of women and children, and impact the wider communities we're so grateful to be a part of.

How it all began— 2019

ANNUAL REPORTS AND FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31ST MARCH 2025

VOICES OF HOPE

(Charitable Incorporated Organisation)
CHARITY REGISTRATION No: 1187454

Castle View Accounting Ltd
Ground Floor Offices
53 High Street
Arundel
West Sussex
BN18 9AJ

VOICES OF HOPE

(Charitable Incorporated Organisation)

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VOICES OF HOPE

(Charitable Incorporated Organisation)

LEGAL AND ADMINISTRATIVE INFORMATION

CHARITY NUMBER	1187454
DATE OF REGISTRATION	20th January 2020
START OF FINANCIAL YEAR	1st April 2024
END OF FINANCIAL YEAR	31st March 2025
TRUSTEES AT 31ST MARCH 2025	Jeevan Mahesan Elisabeth Vernon Rebecca-Anne Harrington Clive Harrington Keath Gaitskell (Appointed 8th July 2024) Sarah Jarvis (Appointed 19th June 2024)
LEGAL STATUS	Charitable Incorporated Organisation
GOVERNING INSTRUMENT	CIO - Foundation Registered 20th January 2020

OBJECTS

1. The relief of those in need by reason of youth, age, ill health, disability, financial hardship or other disadvantage, including social disadvantage in particular (but not exclusively) by supporting women and children affected by gender-based violence and/or who face multiple disadvantages. 2. To advance pubic education on the prevention of gender-based violence, economic hardship and other disadvantages towards women and children through awareness campaigns, training, employment support, community-based sessions and resources that promote awareness of societal change. 3. To advance education of the public in the arts, in particular but no exclusively in the arts of music, by the preservation of recitals, concerts and other activities as the Trustees shall decide.

CORRESPONDENCE ADDRESS	161A Clarence Street Kingston Upon Thames Surrey KT1 1QT
PRIMARY BANKERS	Metro Bank Plc 1 Southampton Row London WC1B 5HA
INDEPENDENT EXAMINERS	Castle View Accounting Ltd Ground Floor Offices 53 High Street Arundel West Sussex BN18 9AJ

Trustees' Responsibilities

The trustees are responsible for preparing the Report of the Trustees and the financial statements in accordance with applicable law and the United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice GAAP).

The Law applicable to Charities in England and Wales, the Charities Act 2011, Charity (Accounts and Reports) Regulations and the provisions of the Governing Document requires the trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charity and of the incoming resources and application of resources, including the income and expenditure of the charity for that period. In preparing those financial statements, the trustees are required to:

- Select suitable accounting policies and then apply them consistently;
- Observe the methods and principles in the Charity SORP;
- Make judgements and estimates that are reasonable and prudent;
- Prepare the financial statements on the going concern basis unless it is inappropriate to presume that the CIO will continue to operate.

The trustees are responsible for keeping proper accounting records which disclose with reasonable accuracy at any time the financial position of the charity and to enable them to ensure that the financial statements comply with the Charities Act 2011, the Charity (Accounts and Reports) Regulations and the provisions of the Governing Document. They are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Approved by the Trustees on: 16 December 2025

Signed on their behalf by Trustee

Printed Name: Jeevan Mahesan

VOICES OF HOPE

(Charitable Incorporated Organisation)

STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 31ST MARCH 2025

	Notes	Unrestricted Funds £	Designated Funds £	Restricted Funds £	TOTAL 2024/25 £	TOTAL 2023/24 £
INCOMING RESOURCES						
Incoming Resources from Generated Funds						
Donations, Grants & Legacies	3a	50,924	-	542,742	593,666	440,986
Charitable Activities	3b	13,293	-	30,290	43,583	28,242
Investment Income	3c	3,572	-	-	3,572	-
Other Incoming Resources	3d	1,656	-	930	2,586	821
TOTAL INCOMING RESOURCES		69,445	-	573,962	643,407	470,049
RESOURCES EXPENDED						
Costs of Generating Funds						
Cost of Charitable Activities	4a	103,266	-	463,333	566,599	417,733
Governance Costs	4b	28,600	-	15,318	43,918	8,659
TOTAL RESOURCES EXPENDED		131,866	-	478,651	610,517	426,392
NET INCOMING (OUTGOING) RESOURCES		(62,421)	-	95,311	32,889	43,657
Funds Brought Forward		5,078	21,227	123,530	149,835	106,178
Transfer Between Funds	5 & 6	96,552	6,142	(102,694)	-	-
TOTAL FUNDS CARRIED FORWARD		39,209	27,369	116,146	182,724	149,835

Movements on all reserves and all recognised gains and losses are shown above. All of the organisation's operations are classed as continuing.

The notes on pages 19 to 28 form part of these financial statements.

VOICES OF HOPE

(Charitable Incorporated Organisation)

BALANCE SHEET
AS AT 31ST MARCH 2025

	Note	Unrestricted Funds £	Re stricted Funds £	TOTAL 31-Mar-25 £	TOTAL 31-Mar-24 £
Fixed Assets					
Tangible Assets	2	-	-	-	-
Investments	7	-	-	-	-
Total Fixed Assets		-	-	-	-
Current Assets					
Debtors & Prepayments	9	56,770	-	56,770	51,619
Cash at Bank and in Hand	8	47,175	199,728	246,903	233,979
Total Current Assets		103,945	199,728	303,673	285,598
Creditors: Amounts falling due within one year	10	37,367	-	37,367	15,112
Deferred Income: Grants and donations received in advance	11	-	83,582	83,582	120,651
NET CURRENT ASSETS		66,578	116,146	182,724	149,835
TOTAL ASSETS less current liabilities		66,578	116,146	182,724	149,835
Creditors: Amounts falling due in more than one year	12	-	-	-	-
NET ASSETS		66,578	116,146	182,724	149,835
FundsoftheCharity					
General Funds		39,209	-	39,209	5,078
Designated Funds	6	27,369	-	27,369	21,227
Restricted Funds	5	-	116,146	116,146	123,530
Total Funds		66,578	116,146	182,724	149,835

Approved by the Trustees on 16 December 2025

Signed on their behalf by Trustee

Printed Name: Jeevan Mahesan

VOICES OF HOPE
(Charitable Incorporated Organisation)

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31ST MARCH 2025

1. ACCOUNTING POLICIES

Basis of Preparation & Assessment of Going Concern
Basis of Preparation
The financial statements have been prepared under the historical cost convention with items recognised at cost or transaction value unless otherwise stated in the relevant note(s) to these accounts. The financial statements have been prepared in accordance with the Statement of Recommended Practice: Accounting and Reporting by Charities (SORP 2015) (Second Edition, effective 1st January 2019), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS102) and the Charities Act 2011.

The Charity meets the definition of a public benefit entity under FRS102. Assets and liabilities are initially recognised at historical cost unless otherwise stated in the relevant accounting policy notes.

Assessment of Going Concern
Preparation of the accounts is on a going concern basis. The trustees consider that there are no material uncertainties about the Charity's ability to continue as a going concern.

Incoming Resources

Recognition of Incoming Resources
These are included in the Statement of Financial Activities (SOFA) when:
- the charity becomes entitled to the resources;
- the trustees are virtually certain they will receive the resources; and
- the monetary value can be measured with sufficient reliability

Incoming Resources with Related Expenditure
Where incoming resources have related expenditure (as with fundraising or contract income) the incoming resource and related expenditure are reported gross in the SOFA.

Grants and Donations
Grants and donations are only included in the SOFA when the charity has unconditional entitlement to the resources.

Tax Reclaims on Donations and Gifts
Incoming. resources from tax reclaims are included in the SOFA at the same time as the gift to which they relate.

Contractual Income and Performance Related Grants
ThisisonlyincludedintheSOFAoncetherelatedgoodsor services have been delivered.

Gifts in Kind
Gifts in kind are accounted for at a reasonable estimate of their value to the charity or the amount actually realised. Gifts in kind for sale or distribution are included in the accounts as gifts only when sold or distributed by the charity. Gifts in kind for use by the charity are included in the SOFA as incoming resources when receivable.

Donated Services and Facilities
These are only included in incoming resources (with an equivalent amount in resources expended) where the benefit to the charity is reasonably quantifiable, measurable and material. The value placed on these resources is the estimated value to the charity of the service or facility received.

Volunteer Help
The value of any voluntary help received is not included in the accounts.

Investment Income
This is included in the accounts when receivable.

Investment Gains and Losses
This included any gain or loss on the sale of investments and any gain or loss resulting from revaluing investments to market value at the end of the year.

1. ACCOUNTING POLICIES (continued)

Expenditure and Liabilities

Liability Recognition
Liabilitiesarerecognised as soon as there is a legal or constructive obligation committing the charity to pay out resources.

Governance Costs
Include costs of the preparation and examination of statutory accounts, the costs of the trustees meetings and cost of any legal advice to trustees on governance or constitutional matters.

Grants with Performance Conditions
Where the charity gives a grant with conditions for its payment being a specific level of service or output to be provided, such grants are only recognised in the SOFA once the recipient of the grant has provided the specified service or output.

Grants Payable without Performance Conditions
These are only recognised in the accounts when a commitment has been made and there are no conditions to be met relating to a grant which remain in control of the charity.

Investments
Investments quoted on a recognised stock exchange are valued at market value at the year end. Other investment assets are included at trustees' best estimate of market value.

Unrestricted funds
These funds can be used for the general objectives of the charity as set out in the trustees report. The movements of the unrestricted funds are given in the Statement of Financial Activities.

Restricted funds
These funds are where the donor has specified a purpose for the donation made. These restrictions often arise as a result of appeals for special offerings for specific purposes.

Designated funds
These funds are funds set aside by the trustees out of unrestricted general funds for particular purposes or projects.

Fixed Assets - Unrestricted Funds
Fixed assets for the Unrestricted funds of the charity which provide multi-year use and benefit and cost at least £3,000 per unit will be capitalised into the Fixed Assets of the charity. These assets are valued at the lower of cost including the costs of bringing the asset into service or current fair value after review of the asset value for impairment. Assets which are gifted, will be valued at the fair value to the charity when the assets are received.

Fixed Assets
Restricted Funds Assets and equipment providing multi-year benefit to the charity which have been purchased for specific restricted fund projects in terms of the funding budgets will only be capitalised and recorded as part of the charity's fixed assets in cases of significant asset purchases outside the usual project scope. Restricted Funds Assets are expensed in full in the period of acquisition in line with the funder approved budget for the project.

Depreciation Expense
Depreciation is calculated at a rate to write off the cost of tangible fixed assets over their estimated useful lives. The rates applied are as follows:

Fixtures, Fittings and Equipment	25% - Straight Line Basis

2. TANGIBLE FIXED ASSETS

The CIO held no fixed assets during this or the previous financial year. The annual commitments under non-cancelling operating

leases and capital commitments are as follows:

31st March 2025 : None
31st March 2024 : None

3. INCOMING RESOURCES

	Unrestricted Funds £	Designated Funds £	Restricted Funds £	TOTAL 2024/25 £	TOTAL 2023/24 £
a) Donations, Grants & Legacies					
Gift Aid Donations	-	-	-	-	2,819
Gift Aid Tax	6,535	-	-	6,535	2,898
Gifts & Donations	43,989	-	40,113	84,102	104,763
Grants Received	400	-	502,629	503,029	330,506
	50,924	-	542,742	593,666	440,986
b) Charitable Activities					
Activities & Projects	12,893	-	- 574	13,467	2,832
Course & Session Fees	-	-	- 23,399	23,399	22,414
Product Sales	-		4,117	4,117	996
Management Income Fees	400		2,200	2,600	2,000
	13,293	-	30,290	43,583	28,242
c) Investment Income					
Interest	3,572	-	-	3,572	-
	3,572	-	-	3,572	-
d) Other Incoming Resources					
Sundry Income	1,656	-	930	2,586	821
	1,656	-	930	2,586	821

4. RESOURCES EXPENDED

		Unrestricted Funds £	Designated Funds £	Restricted Funds £	TOTAL 2024/25 £	TOTAL 2023/24 £
a) Cost of Charitable Activities						
Activities & Events		1,484	-	5,187	6,671	-
Advertising & Publicity		36	-	1,272	1,308	1,628
Art & Craft Materials		-	-	169	169	1,728
Bank Charges		690	-	154	844	601
Cleaning Costs		4	-	520	524	854
Equipment Costs		628	-	6,312	6,940	15,975
Food Costs		1,031	-	101,627	102,658	65,976
Food Safety Costs		-	-	1,722	1,722	-
Fundraising Costs		1,046	-	470	1,516	3,371
Gifts & Donations		6,329	-	3,293	9,622	5,075
Insurance Costs		1,846	-	172	2,018	1,195
Licenses & Subscriptions		1,856	-	787	2,643	2,956
Music Resources		-		54	54	-
Printing, Postage & Packaging		1,621		18,948	20,569	11,330
Rent & Rates		-		9,734	9,734	15,696
Repairs & Maintenance		477		4,066	4,543	2,651
Research Costs		-		13,225	13,225	-
Staff Costs		82,435		289,331	371,766	273,909
Sundry Expenses	14	-		-	-	1,329
Training Costs		784		870	1,654	2,206
Travel & Subsistence		1,518		247	1,765	1,065
Utility Costs		-		2,320	2,320	-
Volunteers Costs		239		2,854	3,093	3,645
Website Costs		1,243		-	1,243	6,543
		103,266	-	463,333	566,599	417,733
b) Governance Costs						
Independent Examiners Fees	10	2,000	-	-	2,000	1,600
Legal & Professional Fees		26,600	-	15,318	41,918	7,059
		28,600	-	15,318	43,918	8,659

5. RESTRICTED FUNDS

CURRENT FINANCIAL YEAR

	Balance 01-Apr-24 £	Income £	Expenditure £	Transfers £	Balance 31-Mar-25 £
Active Breathing Course	361	22,781	4,492	(1,901)	16,749
Body & Soul Exercise Class	28	-	-	(28)	-
Brite Box Blossom House	4,800	-	-	(4,800)	-
Brite Box Cooking Club	-	5,812	2,012	(1,012)	2,787
Brite Box Elmbridge	22,345	37,256	30,562	(28,872)	167
Brite Box Hounslow	1,913	-	198	(1,715)	-
Brite Box HQ	(30,703)	38,319	71,875	98,255	33,996
Brite Box Kingston Fund	62,838	57,011	47,868	(64,933)	7,049
Brite Box LM S/Wark	97	-	-	(97)	-
Brite Box Merton	(1,284)	2,341	2,861	1,805	-
Brite Box NHS SW London ICP	849	132,396	106,431	(26,814)	-
Brite Box Refuge Women's Boxes	1,528	-	-	(1,528)	-
Brite Box Richmond	6,164	51,300	35,418	(22,046)	-
Brite Box Roehampton Research Project	4,600	-	2,341	(624)	1,635
Brite Box Social Franchise	10,378	-	-	(10,378)	-
Brite Box Trading	489	-	-	(489)	-
Brite Box Vibe NI	(189)	-	-	189	-
Choirs	9,690	-	-	(9,690)	-
Choral Activities & Choir	3,210	34,475	37,832	7,472	7,325
Community Cooking	119	19,645	11,307	(2,779)	5,678
Community Fridge	467	-	-	(467)	-
Cooking Classes	793	2,700	1,977	(763)	753
Foyle Project	-	7,032	7,206	174	-
Good Food Co-Op Fund	834	47	350	(531)	-
Jubilee of Meaningful Memories	40	-	-	(40)	-
Pearl Project	571	6,238	6,222	(587)	-
Silent No More	-	2,767	2,610	-	157
Survivors' Forum	4,761	5,340	5,131	(4,810)	160
Women's Hub Elmbridge	277	17,167	942	(1,493)	15,010
Women's Hub Kingston	11,524	87,926	76,179	(23,271)	-
Women's Hub Richmond	7,030	14,928	12,616	(5,051)	4,290
Women's Services HQ	-	28,482	12,223	4,130	20,389
	123,530	573,962	478,651	(102,694)	116,146

5. RESTRICTED FUNDS (Continued)

PREVIOUS FINANCIAL YEAR

	Balance 01-Apr-23 £	Income £	Expenditure £	Transfers £	Balance 31-Mar-24 £
Active Breathing Course	9,578	858	10,075	-	361
Body & Soul Exercise Class	-	56	28	-	28
Brite Box Blossom House	4,800	-	-	-	4,800
Brite Box Elmbridge	6,368	44,244	28,267	-	22,345
Brite Box Hounslow	4,444	1,000	3,531	-	1,913
Brite Box HQ	-	12,002	42,705	-	(30,703)
Brite Box Kingston Fund	30,750	96,846	64,758	-	62,838
Brite Box LM S/Wark	-	340	243	-	97
Brite Box Merton	-	-	1,284	-	(1,284)
Brite Box NHS SW London ICP	-	3,105	2,256	-	849
Brite Box Refuge Women's Boxes	-	3,300	1,772	-	1,528
Brite Box Richmond	-	20,520	14,356	-	6,164
Brite Box Roehampton Research Project	-	5,000	400	-	4,600
Brite Box Social Franchise	3,079	14,868	7,569	-	10,378
Brite Box Trading	-	713	224	-	489
Brite Box Vibe NI	-	-	189	-	(189)
Choirs	1,585	35,318	27,213	-	9,690
Choral Activities	-	7,600	4,390	-	3,210
Community Cooking	-	4,200	4,081	-	119
Community Fridge	1,080	1,000	1,613	-	467
Community Garden Fund	472	-	472	-	-
Cooking Classes	-	3,600	2,807	-	793
Good Food Co-Op Fund	808	69	43	-	834
Jubilee of Meaningful Memories	40	-	-	-	40
Pearl Project	-	600	29	-	571
Refugee Action Boxes	80	-	80	-	-
Sister Sanctuary	6,753	7,450	13,926	-	277
Survivors' Forum	1,524	5,000	1,763	-	4,761
Women's Hub Richmond	-	10,064	3,034	-	7,030
Women's Hub Kingston	-	112,152	100,628	-	11,524
	71,361	389,905	337,736	-	123,530

Restricted funds are wholly represented by the Charity's cash reserves and are to be expended as specified above.

6. DESIGNATED FUNDS

CURRENT FINANCIAL YEAR

	Balance 01-Apr-24 £	Income £	Expenditure £	Transfers £	Balance 31-Mar-25 £
Designated Reserve Fund	21,227	-	-	6,142	27,369
	21,227	-	-	6,142	27,369

PREVIOUS FINANCIAL YEAR

	Balance 01-Apr-23 £	Income £	Expenditure £	Transfers £	Balance 31-Mar-24 £
Designated Reserve Fund	17,858	-	-	3,369	21,227
	17,858	-	-	3,369	21,227

The Designated Reserve Fund is wholly represented by the charity's cash reserves which have been created to reflect the Trustees' commitment to building the financial resilience of the Charity. These reserves will only be expended as specifically directed by the Trustees.

7. INVESTMENTS

The CIO held no fixed assets investments during this or the previous financial year.

8. CASH AT BANK AND IN HAND

	Unrestricted Fund £	Re stricted Fund £	TOTAL 31-Mar-25 £	TOTAL 31-Mar-24 £
Cash at Bank & in Hand	47,175	199,728	246,903	233,979
	47,175	199,728	246,903	233,979

9. DEBTORS AND PREPAYMENTS

	Unrestricted Fund £	Re stricted Fund £	TOTAL 31-Mar-25 £	TOTAL 31-Mar-24 £
Gift Aid Tax Refund	5,018	-	5,018	4,981
Sundry Debtors	51,752	-	51,752	46,638
	56,770	-	56,770	51,619

10. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	Unrestricted Fund £	Re stricted Fund £	TOTAL 31-Mar-25 £	TOTAL 31-Mar-24 £
Independent Examiners Fees	2,000	-	2,000	1,600
PAYE & N.I	5,671	-	5,671	3,297
Sundry Creditors	29,696	-	29,696	10,215
	37,367	-	37,367	15,112

11. DEFERRED INCOME: GRANTS AND DONATIONS RECEIVED IN ADVANCE

	Unrestricted Fund £	Re stricted Fund £	TOTAL 31-Mar-25 £	TOTAL 31-Mar-24 £
Grants & Donations Received in Advance	-	83,582	83,582	120,651
	-	83,582	83,582	120,651

The deferred income represent the grants and donations received by the Charity in advance and intended for future Charitable purposes. The grants and donations received in advance have therefore been carried forward for use as intended and the funds will be recognised in the Statement of Financial Activity in the coming financial period.

12. CREDITORS: AMOUNTS FALLING DUE IN MORE THAN ONE YEAR

The CIO held no long term liabilities during this or the previous financial year.

13. NET ASSETS BETWEEN FUNDS

	Unrestricted Funds £	Re stricted Funds £	TOTAL 31-Mar-25 £	TOTAL 31-Mar-24 £
Fixed Asset Investments	-	-	-	-
Net Current Assets	66,578	116,146	182,724	149,835
Long Term Liabilities	-	-	-	-
	66,578	116,146	182,724	149,835

14. STAFF COSTS AND NUMBERS

	TOTAL 2024/25 £	TOTAL 2023/24 £
Gross Wages, Salaries & Fees	352,042	256,019
Employer's National Insurance Costs	9,481	8,685
Pension Contributions	10,243	9,205
	371,766	273,909

Employees who were engaged in each of the following activities:

	TOTAL 2024/25	TOTAL 2023/24
Charitable Activities	16	13

The Charity operates a PAYE scheme to pay all members of employed staff and no employees received emoluments in excess of £60,000 (2023/24:None).

15. TRUSTEES AND OTHER RELATED PARTIES

The only payments made to the Trustees consisted of reimbursements of expenses incurred in furthering the Charity's objects and no direct benefits were received by the Trustees or any related parties during the financial period (2023/24:None).

No other payments were made to trustees or any persons connected with them during this financial period. No material transaction took place between the organisation and a trustee or any person connected with them (2023/24:None).

16. RISK ASSESSMENT

The Trustees actively review the major risks which the charity faces on a regular basis and believe that maintaining the unrestricted reserves stated, combined with the annual review of the controls over key financial systems carried out on an annual basis will provide sufficient resources in the event of adverse conditions. The Trustees have also examined other operational and business risks which they face and confirm that they have established systems to mitigate the significant risks.

17. DESIGNATED RESERVES POLICY

The Trustees have considered the level of designated reserves they wish to retain, appropriate to the CIO's needs. This is based on the CIO's size and the level of financial commitments held. The Trustees aim to ensure the CIO will be able to continue to fulfil its charitable objectives even if there is a temporary shortfall in income or unexpected expenditure. The Trustees will endeavour not to set aside funds unnecessarily.

18. PUBLIC BENEFIT

The CIO acknowledges its requirement to demonstrate clearly that it must have charitable purposes or objects that are for the public benefit. Details of how the CIO has achieved this are provided in the Trustees report. The Trustees confirm that they have paid due regard to the Charity Commission guidance on public benefit before deciding what activities the CIO should undertake.

VOICES OF HOPE

(Charitable Incorporated Organisation)

INDEPENDENT EXAMINER'S REPORT ON THE ACCOUNTS

Report to the trustees/ members of Voices of Hope on the accounts for the year ended 31st March 2025 set out on pages 17 to 28.

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 of the Charities Act 2011 (the Charities Act) and that an independent examination is needed.

It is my responsibility to:
examine the accounts under section 145 of the Charities Act, follow the procedures laid down in the general Directions given by the Charity Commission (under section 145(5)(b) of the Charities Act, and state whether particular matters have come to my attention.

Basis of independent examiner's statement

My examination was carried out in accordance with 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 the 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.

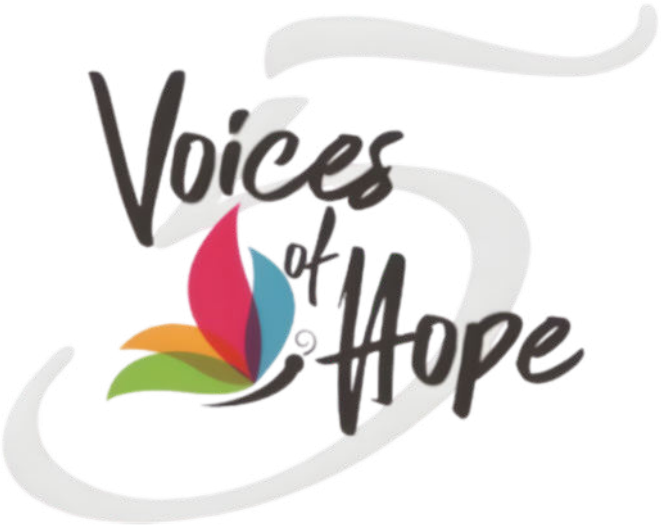
Independent examiner's statement
The charity's gross income exceeded £250,000 and I am qualified to undertake the examination by being a qualified member of the Association of Accounting Technicians.

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 Charities Act; and
   - to prepare accounts which accord with the accounting records and comply with the accounting requirements of the Charities 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.

K. Collaku MAAT
Castle View Accounting Ltd
Ground Floor Offices
53 High Street
Arundel
West Sussex
BN18 9AJ

Date: 16th January 2026



Charity No. 1187454
voh.org.uk

VOICES OF HOPE

England & Wales - Charity number 1187454

Accounts

2023/24 Annual Report

VOICES OF HOPE

(Charitable Incorporated Organisation)

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Transforming lives from *at risk to* *thrive*

This year, Voices of Hope has made significant strides in transforming lives and building futures, achieving impact through the results of our dedicated programs and unwavering commitment to our mission. Our collective efforts have empowered countless lives to thrive.

"I want to see those who are facing life's toughest challenges receive the support, encouragement and empowerment they need to build a future, full of hope and opportunity."

- Founder & CEO, Sarah Clay

115

Weekly volunteers

3075

Lives impacted on a weekly basis

25

Volunteers and beneficiaries supported into employment

Projects	Details	Outcome
Specialist Women's Services	We empower women to rebuild and thrive after domestic abuse, violence, and multiple disadvantages.	• Worked with over 350 women • Started a new Richmond Women's Hub • Dramatically increased our 1-1 work and reach into minority communities
Food Insecurity Projects; BRITE Box	Combating food insecurity by providing meal kits, fostering healthy eating habits, and teaching cooking skills to families.	• Extended reach to support 650 families each week, across 40+ primary schools • New local hubs and first N.Ireland partner • Exceptional independent evaluation results in partnership with Kingston University
Creative Arts Wellbeing Projects	Uplifting marginalised individuals, improving mental and physical health, wellbeing, and social inclusion through active participation.	• Reached an average of 250 weekly choir members through 16 choirs, and the return of well attended in-person concerts • We piloted the Active Breathing Course for cancer patients, successfully securing essential funding to expand the program in the coming year

Financial Summary

TOTAL Income	£470,049
TOTAL Expenditure	£426,392
Net Surplus	£43,657

Charity Assets

Cash and Bank Balances	£233,979
Net Current Assets	£36,507
Deferred Income (restricted) *	-£120,651
	£149,835

Charity Funds

Restricted Funds for projects	£123,529
Unrestricted Funds	£5,079
Designated Reserves	£21,227
	£149,835

* Designated for projects in future financial years; not in any way used to fund current expenditure

Funding summary

£119,646
Donations & other income

£112,239
Government Funding

£138,164
Grants

The year *in review*

Voices of Hope is a locally founded charity dedicated to bringing people from "At Risk" to "Thriving" through three main project streams; specialist women's services, food insecurity projects, and creative arts projects supporting physical and mental health.

We are a user-led charity aiming to restore and rebuild hope, and improve the physical and mental health of disadvantaged, marginalised and isolated people.

Our key objective is the "relief of those in need by reason of youth, age, ill-health, disability, financial hardship or other disadvantage, including social disadvantage". In the past year, we have supported over 3,000 beneficiaries through our services, operating from our Kingston Upon Thames base and through community outreach across South West London and Surrey. In 2023/24, we expanded two of our core projects to new locations across the UK, significantly increasing our impact.

Core development

With considerable thanks to one of the charity's patrons for a substantial donation, we developed a new Voices of Hope website with enhanced messaging, branding, and interactive features, and created meta sites for two UK-wide projects. We also upgraded our office with new desks, ergonomic chairs, IT, and redefined spaces to support growing staff and improve the work environment. We launched three key annual fundraising events: the Cycle of Change, VoH Family Celebration, and Gala Celebration, which together raised £14K in unrestricted funds. Additionally, being named Kingston Mayor's Charity of the Year for 2023/24 boosted our profile, provided speaking opportunities, and will generate further funds to be released in September 2024.

Projects *in summary*

Our Specialist Women's Services provide holistic support that enables women to rebuild their lives and thrive after experiencing domestic violence, harmful practices, abuse, the criminal justice system or multiple disadvantages (including physical and mental health challenges).

We support and empower women through our Hubs, offering community projects, peer mentoring, strategy forums, and employment support. This year, we expanded from Kingston Women's Hub into Richmond Borough, adding specialist pastoral, advocacy, and minority outreach workers, significantly boosting our one-on-one support and engagement with minority communities.

Our Food Insecurity work has focused on the growth and development of BRITE Box; a weekly recipe meal kit with all ingredients provided and a child friendly recipe card to enable families to prepare and eat a balanced meal together.

This project tackles food insecurity's impact on children and families, addressing health, behavioural, and educational issues. It promotes healthy eating and cooking skills through engaging, practical experiences. This year, we supported 650 families weekly across 40+ schools, with outstanding evaluation results from Kingston University.

Our Creative Arts projects support those who are marginalised or struggling with physical/mental health to have active and meaningful involvement in the creative arts. Participation gives the opportunity to improve individual wellbeing and confidence and gain self value and a sense of purpose.

Our choirs have thrived post-COVID, now running 16 groups, including those for abuse survivors and older adults, reaching 250 weekly members. Our Active Breathing Course remains highly effective UK-wide, with a successful in-person trial for cancer patients leading to crucial funding for 2024/25.

We'd like to thank all our volunteers for their *incredible support*

Acknowledgement

The Trustees, CEO, and staff of Voices of Hope extend heartfelt thanks to our fantastic 115 weekly volunteers. Their dedication in areas such as catering, events, administration, box preparation, peer support and befriending has amounted to 10,470 hours this year. Their contributions have been crucial!

Employment development

volunteers & beneficiaries

Our primary goal is to help individuals transition from being "At Risk" to "Thriving" by offering immediate support in times of need and crisis, followed by ongoing hope, encouragement, and practical assistance. We create safe spaces for rebuilding trust, forming meaningful relationships, and regaining confidence, whilst also offering opportunities for contribution, volunteering, and preparation for long-term employment. We have consistently provided these opportunities throughout 2023/24, as detailed below:

Employment Opportunities:

- Offering roles within our projects, leading to two volunteers transitioning to salaried positions and twelve to self-employed roles.
- Training local university graduates to run our Active Breathing Course.
- Providing work placements for Kingston University students and developing a charity-based sandwich placement year program with Kingston University.

Beneficiaries Employment:

- Supporting 14 women from our Women's Hubs with employment opportunities (including training and upskilling), to run choir sessions, teaching our Active Breathing Course, delivering cooking/creative art sessions, and other fields.
- Providing volunteer/work placements for women referred by Workingwell, a local organization supporting people with additional needs.

Volunteers:

- Upskilling with Health & Hygiene certificates and access to training courses (e.g., grant writing, trauma-informed care, domestic violence)
- Providing 1-1 support and mentoring for new employment
- Running sessions for young people with special educational needs

Specialist women's services

We offer holistic support for women and girls facing gender-based violence, abuse, or multiple disadvantages. Our focus includes crisis support, individual support, community support, and systemic change. Through partnerships with key organizstions, we help beneficiaries transition from at-risk to thriving, addressing both immediate needs and preventive measures. This results in:

- Increased confidence and self-worth
- Reduced isolation and loneliness through the creation of personal communities and friendships
- Improved outlook on life through enhanced physical activity, healthy communal eating, and body/emotion awareness
- Greater autonomy and self-efficacy in decision-making
- Fewer crisis points, including reduced mental health crises, with better access to support services and advocacy
- Opportunities for upskilling, training, and employment

23-24 highlights

At Kingston Women's Hub, our flagship centre, we supported over 350 women this year. Of these, 186 received 1-1 pastoral or advocacy support, and 106 attended sessions for the first time. Notably, 14 women secured employment. The Hub offered diverse activities, including exercise, cooking sessions, peer mentoring, support groups, choirs, and personal development opportunities, fostering friendships and confidence.

Our services benefit from **robust and growing referral pathways** with local and national organisations, GPs, health services, social prescribers, councils, schools, and emergency responders. These networks ensure effective service delivery and access for women in need.

We ran seven weekly women-only community sessions, such as the Sisterhood Sanctuary, Sisterhood Choir, Dance Movement, and Community Cooking, which began in September 2023. This new initiative, funded by the National Lottery and Kingston Resilience Fund, supports those with limited cooking facilities, offering both cooked meals and fresh food.

Key focus

Our 1-1 Pastoral Outreach & Advocacy work supported over 100 women per term, with increased funding allowing for more dedicated advocacy hours. This support included individual and group pastoral care, up-skilling women as peer mentors, and providing advocacy for complex needs.

Our Minority Communities Outreach was a major focus, with new funding enabling a dedicated outreach worker to engage with over 30 minority groups. This effort increased the diversity of our service participants and will continue to be a priority.

Strategic work included contributing to the Safer Kingston Partnership's Violence Against Women and Girls (VAWG) strategy for 2024-2029, with our Survivor Forums playing a crucial role in developing and implementing the strategy and trauma-informed training.

Key Developments

Richmond Women's Hub: Launched in February 2024, this new hub quickly created a safe space and supportive network for women, building on the successes of the Kingston Hub.

Thought Leadership and Learning: Our team gained recognition for innovative support and systemic change efforts, consulting with organisations and presenting to policing services in SW London and Australia.

Monitoring and Evaluation

Key quantitative findings showed:

- 85% of women attending the community sessions were able to build relationships with others
- 61.5% found improvements in anxiety levels
- 87% reported community sessions helped to lift their mood
- 77% said they felt safe in the sessions because of the friendly staff and volunteers

Qualitative findings

- "I am stronger than before and confident to do new activities and skills"
- "This is my safe space."
- "I came to a wonderful place and felt welcomed, listened to, and formed new friendships with wonderful ladies. I salute the dedication you all have to enrich our lives and I will be eternally grateful for the love and compassion you have shown."
- "I am a visible person here."

To advance our understanding and promote our work, we have teamed up with Kingston University London researchers to evaluate our impact and effectiveness. Initial planning and baseline studies were completed in the latter half of the financial year, laying the groundwork for a long-term study on the Kingston Women's Hub and its outcomes.

"I have enjoyed the warm and friendly environment. I get a sense that I am a part of something. I also feel valued & welcomed"

Case studies

One single mother struggled with depression, anxiety and had attempted suicide before accessing our services. She was awaiting surgery, lonely, living in a hotel with her five year old child. She had also experienced severe sexual trauma. We provided her with 1-1 pastoral support and advocacy and she attended our community sessions. She told us, "spending time with you makes me so calm and happy".

Someone who suffered severe sexual trauma and was left with extreme anxiety and panic attacks, suicidal thoughts and originally unable to leave the house said, "this place has been transformative for me. It's been a place to feel safe, loved and accepted. Also a place where I can come and talk, be heard and believed". She has now moved back to her home country and has a new job.

Food Insecurity

Our flagship food insecurity initiative, BRITE Box, began as a response to food insecurity during COVID and has since expanded its reach. This project supports disadvantaged children and families through weekly recipe meal kits that offer hands-on cooking experiences.

Our goal is to address food insecurity in a fun, family-centered way, building resilience, improving weekly food budgets, and enhancing both physical and mental health. Families come together around meals, children learn about healthy foods and essential cooking skills, and develop a lasting interest in healthy eating. As one partner put it, BRITE Box is "the box that keeps on giving," a sentiment echoed by feedback from families and research conducted by Kingston University (see voh.org.uk/britebox).

23-24 highlights

We expanded BRITE Box to support 650 families weekly across 40+ primary schools in various UK locations. The project now operates through Managed Hubs, where we oversee staff and operations, and via a Social Franchise model, where community partners independently run the project with our support. Our BRITE Box team has grown to include three Managed Hub coordinators and additional roles to manage development and franchising.

Managed Hubs:

- New Hub: In January 2024, we launched a Managed Hub at Harlequins Rugby Club in Richmond, adding to our existing hubs in Kingston and Elmbridge, enhancing local distribution capacity.
- School-Based Hub: We trialed a hub in Hounslow, where parents sourced, made, and distributed boxes, significantly improving engagement with hard-to-reach families.
- Blossom House: Due to the success of our volunteer program, Blossom House (a special educational needs school in Merton) established a school-based hub in 2023, allowing students to run the project and provide weekly boxes for families.

Social Franchise Hubs:

- New Partner: We launched a new social franchise in Armagh, N. Ireland, adding to the existing Southwark franchise.
- Framework Development: We created a comprehensive social franchise framework, including:
  - Drafting a Memorandum of Understanding
  - Formalizing onboarding, training, and due diligence processes
  - Codifying BRITE Box operations for easy replication
  - Implementing a monthly fee from partners for sustainability
  - Trademarking BRITE Box
  - Establishing a core partner and stakeholder strategy group

In-Person Cooking Courses:

- School Pilot: We developed a pilot for in-person cooking courses for Key Stage 2 children in Kingston's Superzone schools, starting in March 2024 and continuing through 2025.
- Community Partnership: We ran courses with a local charity for children and parents in temporary accommodation, helping them cook BRITE Box recipes together. We will continue to innovate based on feedback and inspiration from other groups.

Key Developments:

Partnership Development: We focused on creating a strong network of volunteers, suppliers, funders, and businesses, with new social franchise partners identified for Merton, Croydon, Wandsworth, and Manchester, targeting deprived areas.

National Partnerships: We engaged with the Institute for Healthcare Improvement (IHI), leading to visits from their European contingent and introductions to NHS Scotland and Wales. We also presented at the IHI British Medical Journal conference and will continue collaborating with IHI in 2024/25.

Funding Developments

In 2023/24, BRITE Box secured diverse funding from foundations, councils, and private companies, including our first business sponsor supporting boxes for a nearby school. Notably, Kingston Public Health, Richmond Parish Lands Charity, and Walton Charities committed multi-year funding through 2027. Additionally, we received the NHS SW London Integrated Care Partnership's Priorities Fund to expand into Croydon and Wandsworth in 2024/25.

23-24 continued

Monitoring and Evaluation

Since 2022, we've collaborated with Kingston University for annual evaluations of BRITE Box, involving families, partner schools, and volunteers. The 2023/24 evaluations highlighted the project's transformative impact, noting its success in addressing food insecurity, building skills and resilience, and fostering family unity. Additionally, the research underscored BRITE Box's positive effects on overall learning, especially for Special Education Needs (SEN) children, providing strong encouragement for future efforts.

Key quantitative feedback from our 2023 evaluation:

- 87% of families said that their experience of BRITE Box had been positive
- 78% of families said that BRITE Box helped with their food budget
- 79% of families said they cook together more because of BRITE Box and 83% of families said they will use the BRITE Box recipes again
- 76% of parents said their children had tried new foods because they have been involved in preparing & cooking them and 75% of parents said their children had gained in confidence with cooking since starting BRITE Box

Qualitative Findings

- "I'm thankful that we can experience BRITE Box. I think this should be a must in every family as it really helps to have and learn a variety of recipes from different countries, not more left-over shopping and most importantly I have happy children with proper meals on the table"
- "My children are...'Eating more vegetables, trying new foods and also gaining confidence in cooking skills"
- "BRITE Box is a great adventure for the family, it encourages children to eat new food, explore new tastes and get interested in healthy food. For children, it's a massive boost of confidence when they can say, "I'm cooking today, I've got all the ingredients"

"It's an awesome scheme to be a part of and quite literally given us a meal some days when we've run out and... it's exciting"

Case study

Mrs. N's youngest son, who is autistic, participates in a Year 3 project involving BRITE Box. "The weekly anticipation of the recipe box has made him more open to trying new foods. He enjoys preparing the recipes and now recognises these foods during our shopping trips," Mrs. N shares.

The project has also positively impacted their family dynamic, as she feels more confident experimenting with new dishes. "Receiving BRITE Box each Friday has encouraged me to try new flavours and create hearty meals. Cooking with my children has brought us closer and created wonderful food memories that I hope they will cherish forever."

Creative Arts *wellbeing projects*

Our Creative Arts projects offer marginalised individuals, and those facing physical or mental health challenges, a chance to engage meaningfully in the arts. Participation boosts wellbeing, confidence, and self-worth, while research shows that creative activities, especially group singing, reduce anxiety and depression, foster social connections, and enhance overall health. Singing can also alleviate some psychological symptoms of dementia.

We promote inclusivity by advertising broadly and partnering with diverse organisations. Our services are accessible to everyone, without auditions or music reading requirements, and we encourage participation at each person's comfort level. Our projects include choirs, songwriting, and our Active Breathing Course.

23-24 highlights

Choirs

We ran 16 choirs across southwest London and Surrey, ensuring full accessibility and accommodating various needs, such as neurodiversity, visual impairments and language barriers. In September 2023, we reintroduced our Super Seniors volunteer team to support older participants and resumed concerts, enhancing the experience.

Choirs included:

- Care Home/Dementia: Six choirs in locations like Tennyson Grange and Staywell Dementia Centre
- Community: Three choirs at Cobham Voices, Whiteley Village, and Spelthorne Community Choir, which grew rapidly
- Women-Only: Two Sisterhood Choirs in Kingston and Richmond, supporting women who've experienced abuse
- Specialist: Including the Sierra Leone Youth Choir, a local Barbershop choir, and two choirs focused on improving English for international students

Songwriting - Meaningful Memories Project

Following the success of the Jubilee songwriting project in 2022, we secured funding in November 2023 for a new Meaningful Memories project starting January 2024.

This project aims to create a song inspired by Christmas memories from our older participants, with lyrics and composition developed through the year. The song will be taught to the choirs, recorded, and released in November 2024.

The project highlights the link between music and memory, allowing participants to shape a song that reflects their own experiences. It offers a unique chance to collaborate with professional musicians, and we expect around 120 older people to engage directly, reaching up to 2,500 through performances and online listening.

Active Breathing Course (ABC)

ABC offers online and in-person courses to enhance breathing, lung function, and manage anxiety.

Despite challenges in referrals and funding, we focused on supporting older people in care homes, networking with NHS providers, and expanding to support adults with cancer. A pilot course for cancer patients was successful, leading to plans for 25 additional courses over two years, funded by the National Lottery. We are also developing a fee/bursary-based service and exploring business opportunities to generate income for the charity and have developed an ABC meta site for referrals and bookings.

Monitoring and Evaluation

Quantative choir findings:

- 100% find choir sessions positive with 97% finding them 'very positive'
- 95% say sessions lift their mood
- Other than 'because I love singing', most people attend for the social aspect - feeling connected and closer to others
- 100% of participants with anxiety find at least some improvement in their symptoms overall as a result of being in part of the choir
- 71% find the choir improves their energy levels.

Quantative ABC findings:

- Managing their condition: 78% find the course helpful/very helpful
- Breathing capacity: 92% at least some improvement, 59% good or great improvement
- Breathlessness: 87% notice some improvement, 49% good or great improvement
- Anxiety sufferers:
  - Managing anxiety attacks: 93% 'some' or 'good' improvement
  - Overall anxiety levels: 95% at least some improvement; 50% good or great
- Overall energy levels: Around ¾ found improvement
- Overall mood: 81% at least some improvement; 41% good or great

“Belonging to a Choir is so much fun, it lifts your mood. Singing brings joy and laughter. It connects you to friends and a *sense of belonging*”

Qualitative feedback

"I thought the course set up was really well done. The combination of breathing exercises with creative/art 'therapy' was lovely. It made it less like a chore and much more playful. Exactly what I needed!"

“I love every minute and I really look forward to it every week. I like getting to know the choir tutors as they are new faces with new stories and styles. I like being asked to contribute my thoughts and ideas too. My favourite thing we do here - wouldn’t miss it for the world!”

“Just fantastic course and service. Really made a difference for me physically and mood wise. Really simple yet effective way to focus on breathing correctly. Bravo.”

Trustee Financial Management

As Trustees of Voices of Hope, we are committed to ensuring the charity's financial health and long-term sustainability. Throughout the 2023/24 financial year, we have focused on maintaining robust financial management practices, guided by our fiduciary responsibilities and the principles of transparency and accountability.

During this period of significant growth, we have taken proactive steps to strengthen our financial infrastructure. The transition to online accounting software has enhanced our ability to manage finances efficiently, while the implementation of a new payroll system has streamlined processes, ensuring accuracy and compliance. We have also developed and expanded our financial policies and procedures, ensuring they are aligned with the evolving needs of the charity.

Our designated reserves policy, updated this year, reflects our commitment to building financial resilience. The decision to increase our designated reserves target from £20,000 to £35,000 demonstrates our dedication to safeguarding the charity's future amidst rising core costs associated with our expansion.

We are pleased to report that Voices of Hope was selected for Kingston Voluntary Action's "Capacity Building Programme," where an independent diagnostic assessment praised our financial diligence, strategic planning, and governance. This endorsement reinforces our confidence in the charity's financial management and our ability to navigate future challenges while sustaining growth.

As Trustees, we will continue to prioritise the financial sustainability of Voices of Hope, ensuring that our resources are managed prudently and that the charity remains well-positioned to serve our community effectively for years to come.

VOICES OF HOPE

(Charitable Incorporated Organisation)

LEGAL AND ADMINISTRATIVE INFORMATION

CHARITY NUMBER	1187454
DATE OF REGISTRATION	20th January 2020
START OF FINANCIAL YEAR	1st April 2023
END OF FINANCIAL YEAR	31st March 2024
TRUSTEES AT 31ST MARCH 2024	Jeevan Mahesan Elisabeth Vernon Rebecca-Anne Harrington (Appointed 27th February 2024) Clive Harrington (Appointed 12th September 2023) Carlene Stanislaus (Resigned 10th May 2024) Natalie Favre (Resigned 9th May 2024) Soon Lee (Resigned 1st February 2024) Nicola Watt (Resigned 22nd July 2023) Alison Henri (Resigned 9th May 2023)
LEGAL STATUS	Charitable Incorporated Organisation
GOVERNING INSTRUMENT	CIO - Foundation Registered 20th January 2020

OBJECTS

1. The relief of those in need by reason of youth, age, ill health, disability, financial hardship or other disadvantage, including social disadvantage. **2**. To advance education of the public in arts, in particular but not exclusively in the art of music, by the presentation of recitals, concerts and other activities as the Trustees shall decide.

CORRESPONDENCE ADDRESS	161A Clarence Street Kingston Upon Thames Surrey KT1 1QT
PRIMARY BANKERS	Metro Bank Plc 1 Southampton Row London WC1B 5HA
INDEPENDENT EXAMINERS	Castle View Accounting Ltd Ground Floor Offices 53 High Street Arundel West Sussex BN18 9AJ

TRUSTEES' REPORT (Continued)
FOR THE YEAR ENDED 31ST MARCH 2024

Trustees' Responsibilities

The trustees are responsible for preparing the Report of the Trustees and the financial statements in accordance with applicable law and the United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice GAAP).

The Law applicable to Charities in England and Wales, the Charities Act 2011, Charity (Accounts and Reports) Regulations and the provisions of the Governing Document requires the trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charity and of the incoming resources and application of resources, including the income and expenditure of the charity for that period. In preparing those financial statements, the trustees are required to:

- Select suitable accounting policies and then apply them consistently;
- Observe the methods and principles in the Charity SORP;
- Make judgements and estimates that are reasonable and prudent;
- Prepare the financial statements on the going concern basis unless it is inappropriate to presume that the CIO will continue to operate.

The trustees are responsible for keeping proper accounting records which disclose with reasonable accuracy at any time the financial position of the charity and to enable them to ensure that the financial statements comply with the Charities Act 2011, the Charity (Accounts and Reports) Regulations and the provisions of the Governing Document. They are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Approved by the Trustees on ..... 12 December 2024 .....

Signed on their behalf by Trustee .....

Printed Name: Jeevan Mahesan (Treasurer)

VOICES OF HOPE

(Charitable Incorporated Organisation)

STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 31ST MARCH 2024

	Notes	Unrestricted Funds £	Designated Funds £	Restricted Funds £	TOTAL 2023/24 £	TOTAL 2022/23 £
INCOMING RESOURCES						
Incoming Resources from Generated Funds						
Donations, Grants & Legacies	**3a**	77,462	-	363,524	440,986	294,654
Charitable Activities	**3b**	2,682	-	25,560	28,242	55,460
Investment Income	**3c**	-	-	-	-	35
Activities for Generating Funds	**3d**	-	-	-	-	4,336
Other Incoming Resources	**3e**	-	-	821	821	22
TOTAL INCOMING RESOURCES		**80,144**	**-**	**389,905**	**470,049**	**354,507**
RESOURCES EXPENDED						
Costs of Generating Funds						
Cost of Charitable Activities	**4a**	86,057	-	331,676	417,733	337,502
Governance Costs	**4b**	2,599	-	6,060	8,659	6,969
TOTAL RESOURCES EXPENDED		**88,656**	**-**	**337,736**	**426,392**	**344,471**
NET INCOMING (OUTGOING) RESOURCES		**(8,512)**	**-**	**52,169**	**43,657**	**10,036**
Funds Brought Forward		16,959	17,858	71,361	106,178	96,142
Transfer Between Funds	**5 & 6**	(3,369)	3,369	-	-	-
TOTAL FUNDS CARRIED FORWARD		**5,078**	**21,227**	**123,530**	**149,835**	**106,178**

Movements on all reserves and all recognised gains and losses are shown above. All of the organisation's operations are classed as continuing.

The notes on pages 24 to 33 form part of these financial statements.

VOICES OF HOPE

(Charitable Incorporated Organisation)

BALANCE SHEET
AS AT 31ST MARCH 2024

	Note	Unrestricted Funds £	Restricted Funds £	TOTAL 31-Mar-24 £	TOTAL 31-Mar-23 £
Fixed Assets					
Tangible Assets	**2**	-	-	-	-
Investments	**7**	-	-	-	-
Total Fixed Assets		**-**	**-**	**-**	**-**
Current Assets					
Debtors & Prepayments	**9**	6,593	45,026	51,619	100,211
Cash at Bank and in Hand	**8**	34,824	199,155	233,979	200,640
Total Current Assets		**41,417**	**244,181**	**285,598**	**300,851**
Creditors: Amounts falling due within one year	**10**	15,112	-	15,112	17,024
Deferred Income: Grants and donations received in advance	**11**	-	120,651	120,651	177,648
NET CURRENT ASSETS		26,305	123,530	149,835	106,178
TOTAL ASSETS less current liabilities		**26,305**	**123,530**	**149,835**	**106,178**
Creditors: Amounts falling due in more than one year	**12**	-	-	-	-
NET ASSETS		**26,305**	**123,530**	**149,835**	**106,178**
Funds of the Charity					
General Funds		5,078	-	5,078	16,959
Designated Funds	**6**	21,227	-	21,227	17,858
Restricted Funds	**5**	-	123,530	123,530	71,361
Total Funds		**26,305**	**123,530**	**149,835**	**106,178**

Approved by the Trustees on 12 December 2024

Signed on their behalf by Trustee .....

Printed Name: Jeevan Mahesan (Treasurer)

VOICES OF HOPE

(Charitable Incorporated Organisation)

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31ST MARCH 2024

1. ACCOUNTING POLICIES

Basis of Preparation & Assessment of Going Concern

Basis of Preparation

The financial statements have been prepared under the historical cost convention with items recognised at cost or transaction value unless otherwise stated in the relevant note(s) to these accounts. The financial statements have been prepared in accordance with the Statement of Recommended Practice: Accounting and Reporting by Charities (SORP 2015) (Second Edition, effective 1st January 2019), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS102) and the Charities Act 2011.

The Charity meets the definition of a public benefit entity under FRS102. Assets and liabilities are initially recognised at historical cost unless otherwise stated in the relevant accounting policy notes.

Assessment of Going Concern

Preparation of the accounts is on a going concern basis. The trustees consider that there are no material uncertainties about the Charity's ability to continue as a going concern.

Incoming Resources

Recognition of Incoming Resources

These are included in the Statement of Financial Activities (SOFA) when:

- the charity becomes entitled to the resources;
- the trustees are virtually certain they will receive the resources; and
- the monetary value can be measured with sufficient reliability

Incoming Resources with Related Expenditure

Where incoming resources have related expenditure (as with fundraising or contract income) the incoming resource and related expenditure are reported gross in the SOFA.

Grants and Donations

Grants and Donations are only included in the SOFA when the charity has unconditional entitlement to the resources.

Tax Reclaims on Donations and Gifts

Incoming resources from tax reclaims are included in the SOFA at the same time as the gift to which they relate.

Contractual Income and Performance Related Grants

This is only included in the SOFA once the related goods or services have been delivered.

Gifts in Kind

Gifts in kind are accounted for at a reasonable estimate of their value to the charity or the amount actually realised. Gifts in kind for sale or distribution are included in the accounts as gifts only when sold or distributed by the charity. Gifts in kind for use by the charity are included in the SOFA as incoming resources when receivable.

Donated Services and Facilities

These are only included in incoming resources (with an equivalent amount in resources expended) where the benefit to the charity is reasonably quantifiable, measurable and material. The value placed on these resources is the estimated value to the charity of the service or facility received.

Volunteer Help

The value of any voluntary help received is not included in the accounts.

Investment Income

This is included in the accounts when receivable.

Investment Gains and Losses

This included any gain or loss on the sale of investments and any gain or loss resulting from revaluing investments to market value at the end of the year.

1. ACCOUNTING POLICIES (continued)

Expenditure and Liabilities

Liability Recognition
Liabilities are recognised as soon as there is a legal or constructive obligation committing the charity to pay out resources.

Governance Costs
Include costs of the preparation and examination of statutory accounts, the costs of the trustees meetings and cost of any legal advice to trustees on governance or constitutional matters.

Grants with Performance Conditions
Where the charity gives a grant with conditions for its payment being a specific level of service or output to be provided, such grants are only recognised in the SOFA once the recipient of the grant has provided the specified service or output.

Grants Payable without Performance Conditions
These are only recognised in the accounts when a commitment has been made and there are no conditions to be met relating to a grant which remain in control of the charity.

Investments
Investments quoted on a recognised stock exchange are valued at market value at the year end. Other investment assets are included at trustees' best estimate of market value.

Unrestricted funds
These funds can be used for the general objectives of the charity as set out in the trustees report. The movements of the unrestricted funds are given in the Statement of Financial Activities.

Restricted funds
These funds are where the donor has specified a purpose for the donation made. These restrictions often arise as a result of appeals for special offerings for specific purposes.

Designated funds
These funds are funds set aside by the trustees out of unrestricted general funds for particular purposes or projects.

Fixed Assets - Unrestricted Funds
Fixed assets for the Unrestricted funds of the charity which provide multi-year use and benefit and cost at least £3,000 per unit will be capitalised into the Fixed Assets of the charity. These assets are valued at the lower of cost including the costs of bringing the asset into service or current fair value after review of the asset value for impairment. Assets which are gifted, will be valued at the fair value to the charity when the assets are received.

Fixed Assets - Restricted Funds
Assets and equipment providing multi-year benefit to the charity which have been purchased for specific restricted fund projects in terms of the funding budgets will only be capitalised and recorded as part of the charity's fixed assets in cases of significant asset purchases outside the usual project scope. Restricted Funds Assets are expensed in full in the period of acquisition in line with the funder approved budget for the project.

Depreciation Expense
Depreciation is calculated at a rate to write off the cost of tangible fixed assets over their estimated useful lives. The rates applied are as follows:

Fixtures, Fittings and Equipment	25% - Straight Line Basis

2. TANGIBLE FIXED ASSETS

The CIO held no fixed assets during this or the previous financial year.

The annual commitments under non-cancelling operating leases and capital commitments are as follows:

31st March 2024 : None
31st March 2023 : None

3. INCOMING RESOURCES

	Unrestricted Funds £	Designated Funds £	Restricted Funds £	**TOTAL 2023/24** £	**TOTAL 2022/23** £
a) Donations, Grants & Legacies					
Gift Aid Donations	2,800	-	19	2,819	8,780
Gift Aid Tax	1,168	-	1,730	2,898	2,433
Gifts & Donations	73,194	-	31,569	104,763	54,217
Grants Received	300	-	330,206	330,506	229,224
	77,462	**-**	**363,524**	**440,986**	**294,654**
b) Charitable Activities					
Activities & Projects	2,682	-	150	2,832	2,450
Course & Session Fees	-	-	22,414	22,414	16,784
Food Products	-	-	996	996	19,121
Management Income Fees	-	-	2,000	2,000	17,105
	2,682	**-**	**25,560**	**28,242**	**55,460**
c) Investment Income					
Interest	-	-	-	-	35
	-	**-**	**-**	**-**	**35**
d) Activities for Generating Funds					
Fundraising Income	-	-	-	-	4,336
	-	**-**	**-**	**-**	**4,336**
e) Other Incoming Resources					
Sundry Income	-	-	821	821	22
	-	**-**	**821**	**821**	**22**

4. RESOURCES EXPENDED

		Unrestricted Funds £	Designated Funds £	Restricted Funds £	**TOTAL 2023/24** £	**TOTAL 2022/23** £
a) Cost of Charitable Activities						
Advertising & Publicity		-	-	1,628	1,628	3,472
Art & Craft Materials		440	-	1,288	1,728	2,854
Bank Charges		594	-	7	601	217
Cleaning Costs		137	-	717	854	78
Equipment Costs		13,293	-	2,682	15,975	3,047
Food Costs		583	-	65,393	65,976	62,311
Fundraising Costs		1,701	-	1,670	3,371	2,448
Gifts & Donations		1,963	-	3,112	5,075	23,258
Grants & Awards		-	-	-	-	7,663
Insurance Costs		1,195	-	-	1,195	924
Licenses & Subscriptions		1,240	-	1,716	2,956	2,497
Printing, Postage & Packaging		1,051	-	10,279	11,330	9,322
Rent & Rates		-	-	15,696	15,696	6,435
Repairs & Maintenance		282	-	2,369	2,651	428
Staff Costs	**14**	53,492	-	220,417	273,909	208,163
Sundry Expenses		579	-	750	1,329	562
Training Costs		1,204	-	1,002	2,206	1,141
Travel & Subsistence		1,065	-	-	1,065	108
Volunteers Costs		695	-	2,950	3,645	1,973
Website Costs		6,543	-	-	6,543	600
		86,057	**-**	**331,676**	**417,733**	**337,502**
b) Governance Costs						
Independent Examiners Fees	**10**	1,600	-	-	1,600	1,050
Legal & Professional Fees		999	-	6,060	7,059	5,919
		2,599	**-**	**6,060**	**8,659**	**6,969**

5. RESTRICTED FUNDS

CURRENT FINANCIAL YEAR

	Balance 01-Apr-23 £	Income £	Expenditure £	Transfers £	**Balance 31-Mar-24** £
Active Breathing Course	9,578	858	10,075	-	361
Body & Soul Exercise Class	-	56	28	-	28
Brite Box Blossom House	4,800	-	-	-	4,800
Brite Box Elmbridge	6,368	44,244	28,267	-	22,345
Brite Box Hounslow	4,444	1,000	3,531	-	1,913
Brite Box HQ	-	12,002	42,705	-	(30,703)
Brite Box Kingston Fund	30,750	96,846	64,758	-	62,838
Brite Box LM S/Wark	-	340	243	-	97
Brite Box Merton	-	-	1,284	-	(1,284)
Brite Box NHS SW London ICP	-	3,105	2,256	-	849
Brite Box Refuge Women's Boxes	-	3,300	1,772	-	1,528
Brite Box Richmond	-	20,520	14,356	-	6,164
Brite Box Roehampton Research Project	-	5,000	400	-	4,600
Brite Box Social Franchise	3,079	14,868	7,569	-	10,378
Brite Box Trading	-	713	224	-	489
Brite Box Vibe NI	-	-	189	-	(189)
Choirs	1,585	35,318	27,213	-	9,690
Choral Activities	-	7,600	4,390	-	3,210
Community Cooking	-	4,200	4,081	-	119
Community Fridge	1,080	1,000	1,613	-	467
Community Garden Fund	472	-	472	-	-
Cooking Classes	-	3,600	2,807	-	793
Good Food Co-Op Fund	808	69	43	-	834
Jubilee of Meaningful Memories	40	-	-	-	40
Pearl Project	-	600	29	-	571
Refugee Action Boxes	80	-	80	-	-
Sister Sanctuary	6,753	7,450	13,926	-	277
Survivors' Forum	1,524	5,000	1,763	-	4,761
Women's Hub Richmond	-	10,064	3,034	-	7,030
Women's Hub Kingston	-	112,152	100,628	-	11,524
	71,361	**389,905**	**337,736**	**-**	**123,530**

5. RESTRICTED FUNDS (Continued)

PREVIOUS FINANCIAL YEAR

	Balance 01-Apr-22 £	Income £	Expenditure £	Transfers £	Balance 31-Mar-23 £
Active Breathing Course	3,794	18,822	12,970	(68)	9,578
Body & Soul Exercise Class	-	1,101	1,132	31	-
Brite Box Blossom House	-	4,800	-	-	4,800
Brite Box Elmbridge	-	21,073	14,705	-	6,368
Brite Box Hounslow	-	5,000	556	-	4,444
Brite Box Kingston Fund	46,550	107,778	113,858	(9,720)	30,750
Brite Box Social Franchise	-	20,500	17,421	-	3,079
Brite Box Trading	-	-	303	303	-
Choirs	2,396	21,026	21,298	(539)	1,585
Choral Activities	1,746	-	-	(1,746)	-
Community Fridge	-	3,000	1,920	-	1,080
Community Garden Fund	(1,437)	6,609	1,700	(3,000)	472
Cooking Classes	3,880	79	3,244	(715)	-
Cycle of Change	-	25	27	2	-
Dinner for Hope	-	3,575	3,825	250	-
DofE Trading Fund	(344)	-	-	344	-
Employability Fund	15,483	806	16,289	-	-
Food Charity Project	15,763	-	-	(15,763)	-
Food Hub	(11,831)	-	-	11,831	-
Food Trading Project	918	-	-	(918)	-
Good Food Co-Op Fund	6,510	15,207	17,901	(3,008)	808
Growbaby (Vineyard)	-	-	952	952	-
HAF Creative Space Trading	-	1,600	1,600	-	-
Jubilee of Meaningful Memories	-	5,040	5,000	-	40
Korean Food Hub	149	-	-	(149)	-
Pearl Project	-	7,413	7,567	154	-
Preventive Works/Safer Streets	-	28,319	28,319	-	-
Refugee Action Boxes	-	620	540	-	80
Sister Sanctuary	(1,009)	15,675	7,912	(1)	6,753
Survivors' Forum	-	2,282	1,208	450	1,524
Women's Hub	70	36,818	25,253	(11,635)	-
	82,638	**327,168**	**305,500**	**(32,945)**	**71,361**

During the financial period the Trustees of Voices of Hope have agreed to transfer general funds to discontinued restricted operations in order to mitigate projects losses and deficits during the financial period in order to present a true and fair view of the restricted funds held by the Charity as at the 31st March 2023.

Restricted funds are wholly represented by the charity's cash reserves and are to be expended as specified above.

NOTES TO THE FINANCIAL STATEMENTS (continued)
FOR THE YEAR ENDED 31ST MARCH 2024

6. DESIGNATED FUNDS

CURRENT FINANCIAL YEAR

	Balance 01-Apr-23	Income	Expenditure	Transfers	Balance 31-Mar-24
	£	£	£	£	£
Designated Reserve Fund	17,858	-	-	3,369	21,227
	17,858	**-**	**-**	**3,369**	**21,227**

PREVIOUS FINANCIAL YEAR

	Balance 01-Apr-22	Income	Expenditure	Transfers	Balance 31-Mar-23
	£	£	£	£	£
Designated Reserve Fund	-	-	-	17,858	17,858
	-	**-**	**-**	**17,858**	**17,858**

The Designated Reserve Fund is wholly represented by the charity's cash reserves which have been created to reflect the Trustees' commitment to building the financial resilience of the charity. These reserves will only be expended as specifically directed by the trustees.

7. INVESTMENTS

The CIO held no fixed assets investments during this or the previous financial year.

8. CASH AT BANK AND IN HAND

	Unrestricted Fund £	Restricted Fund £	TOTAL 31-Mar-24 £	TOTAL 31-Mar-23 £
Cash at Bank & in Hand	34,824	199,155	233,979	200,640
	34,824	**199,155**	**233,979**	**200,640**

9. DEBTORS AND PREPAYMENTS

	Unrestricted Fund £	Restricted Fund £	TOTAL 31-Mar-24 £	TOTAL 31-Mar-23 £
Gift Aid Tax Refund	4,981	-	4,981	2,083
Sundry Debtors	1,612	45,026	46,638	98,128
	6,593	**45,026**	**51,619**	**100,211**

10. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	Unrestricted Fund £	Restricted Fund £	TOTAL 31-Mar-24 £	TOTAL 31-Mar-23 £
Independent Examiners Fees	1,600	-	1,600	1,050
PAYE & N.I	3,297	-	3,297	5,217
Sundry Creditors	10,215	-	10,215	10,757
	15,112	**-**	**15,112**	**17,024**

11. DEFERRED INCOME: GRANTS AND DONATIONS RECEIVED IN ADVANCE

	Unrestricted Fund £	Restricted Fund £	TOTAL 31-Mar-24 £	TOTAL 31-Mar-23 £
Grants & Donations Received in Advance	-	120,651	120,651	177,648
	-	**120,651**	**120,651**	**177,648**

The deferred income represent the grants and donations received by the Charity in advance and intended for future Charitable purposes. The grants and donations received in advance have therefore been carried forward for use as intended and the funds will be recognised in the Statement of Financial Activity in the coming financial period.

12. CREDITORS: AMOUNTS FALLING DUE IN MORE THAN ONE YEAR

The CIO held no long term liabilities during this or the previous financial year.

13. NET ASSETS BETWEEN FUNDS

	Unrestricted Funds £	Restricted Funds £	TOTAL 31-Mar-24 £	TOTAL 31-Mar-23 £
Fixed Asset Investments	-	-	-	-
Net Current Assets	26,305	123,530	149,835	96,142
Long Term Liabilities	-	-	-	-
	26,305	**123,530**	**149,835**	**96,142**

14. STAFF COSTS AND NUMBERS

	TOTAL 2023/24 £	TOTAL 2022/23 £
Gross Wages, Salaries & Fees	256,019	191,422
Employer's National Insurance Costs	8,685	7,797
Pension Contributions	9,205	8,944
	273,909	**208,163**

Employees who were engaged in each of the following activities:

	TOTAL 2023/24	TOTAL 2022/23
Charitable Activities	13	10

The Charity operates a PAYE scheme to pay all members of employed staff and no employees received emoluments in excess of £60,000 (2022/23:None).

15. TRUSTEES AND OTHER RELATED PARTIES

The only payments made to the Trustees consisted of reimbursements of expenses incurred in furthering the Charity's objects and no direct benefits were received by the Trustees or any related parties during the financial period (2022/23:None).

No other payments were made to trustees or any persons connected with them during this financial period. No material transaction took place between the organisation and a trustee or any person connected with them (2022/23:None).

16. RISK ASSESSMENT

The Trustees actively review the major risks which the charity faces on a regular basis and believe that maintaining the unrestricted reserves stated, combined with the annual review of the controls over key financial systems carried out on an annual basis will provide sufficient resources in the event of adverse conditions. The Trustees have also examined other operational and business risks which they face and confirm that they have established systems to mitigate the significant risks.

17. DESIGNATED RESERVES POLICY

The Trustees have considered the level of designated reserves they wish to retain, appropriate to the CIO's needs. This is based on the CIO's size and the level of financial commitments held. The Trustees aim to ensure the CIO will be able to continue to fulfil its charitable objectives even if there is a temporary shortfall in income or unexpected expenditure. The Trustees will endeavour not to set aside funds unnecessarily.

18. PUBLIC BENEFIT

The CIO acknowledges its requirement to demonstrate clearly that it must have charitable purposes or objects that are for the public benefit. Details of how the CIO has achieved this are provided in the Trustees report. The Trustees confirm that they have paid due regard to the Charity Commission guidance on public benefit before deciding what activities the CIO should undertake.

VOICES OF HOPE

(Charitable Incorporated Organisation)

INDEPENDENT EXAMINER'S REPORT ON THE ACCOUNTS

Report to the trustees/ members of Voices of Hope on the accounts for the year ended 31st March 2024 set out on pages 22 to 33.

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 of the Charities Act 2011 (the Charities Act) and that an independent examination is needed.

It is my responsibility to:

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

Basis of independent examiner's statement

My examination was carried out in accordance with 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 the 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 Charities Act; and
   - to prepare accounts which accord with the accounting records and comply with the accounting requirements of the Charities 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.

K. Collaku MAAT
Castle View Accounting Ltd
Ground Floor Offices
53 High Street
Arundel
West Sussex
BN18 9AJ

Date: 18th December 2024

2024-25 Goals

Project	Goal	Outcomes
Core Development	Strengthen the team, boost external presence, and establish solid operational foundations for sustained growth.	• Enhance core team capabilities and align fundraising with communications. • Expand ambassadorship and national presence through staff training, speaking and networking. • Implement robust procedures, management structures, and policy adherence; introduce a CRM system and enhance risk management and financial practices. • Develop a comprehensive staff training and personal development program to enhance skills, performance, and overall organisational impact. • Diversify funding streams by monetising specialist training and wellbeing/volunteering offers to businesses
Specialist Women's Services	Enhance operational structures, expanding support for vulnerable women, and increasing impact through collaboration and strategic promotion.	• Establish fully operational hubs in Richmond and Elmbridge, and develop a workstream for women facing slave labour. • Support RBK in the presentation and production of the RBK VAWG co-produced strategy. • Host the second Pearl Project (Nov 2024) with targeted communications and increased partner collaborations. • Ensure financial sustainability of the hubs and project areas for long-term impact.
Food Insecurity Projects; BRITE Box	Drive transformation and impact by expanding reach, enhancing programs, and strengthening partnerships.	• Increase impact through a social franchise model in five areas and develop a 3-year strategy. • Run in-person cooking courses in Kingston's Superzone schools. • Collaborate with IHI, Public Health and NHS partners to raise awareness and potential for franchising. • Establish risk management processes and embed a robust organisational structure to support growth. • Continue evaluation with Kingston University with a focus on the impact of BRITE Box on SEN children.
Creative Arts Wellbeing Projects	Enhance the impact of Choirs and ABC programs by expanding reach, building strong tutor teams, and growing strategic partnerships.	• Expand choirs by 5, run a Christmas song-writing project, and strengthen tutor team with training, meet-ups and supervision. • Promote choirs and ABC through implementing a Creative Arts Ambassadors role, increasing partnerships, and targeted communications. • Secure funding for ABC to support cancer sufferers in SW London. • Implement robust risk management processes, including budget transfers and streamlined online referrals for ABC.

We'd like to thank all of you for your generous support

Acknowledgements

We are so thankful to everyone who has contributed to the impact of Voices of Hope over the past year. Your dedication, expertise, and unwavering commitment have been instrumental in transforming lives.

To our staff team – your hard work, passion, and creativity together with your tireless efforts in managing projects, supporting participants, and continually improving our services, have made a profound difference.

To our volunteers – your selfless contributions, enthusiasm and support have been invaluable in seeing many lives move from 'at risk' to 'thriving' and ensuring the continued impact of our projects.

To our partners, patrons and funders – your generous support and partnerships have provided the resources and opportunities needed to sustain and expand our work. Your belief in our mission has empowered us to make a lasting impact.

To our participants – your engagement, stories, and feedback, have been our greatest inspiration. Your trust and engagement encourages us daily.

Thank you all for your dedication and support. Together, we are transforming lives, strengthening our community and creating lasting change.

VOICES OF HOPE

England & Wales - Charity number 1187454

Accounts

ANNUAL REPORTS AND FINANCIAL STATEMENTS FOR THE YEAR ENDED 31ST MARCH 2023

VOICES OF HOPE

(Charitable Incorporated Organisation)

CHARITY REGISTRATION No: 1187454

Castle View Accounting Ltd
New Barn
Mudberry Lane
Bosham
Chichester
West Sussex
PO18 8TS

VOICES OF HOPE

(Charitable Incorporated Organisation)

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VOICES OF HOPE

(Charitable Incorporated Organisation)

LEGAL AND ADMINISTRATIVE INFORMATION

CHARITY NUMBER	1187454
DATE OF REGISTRATION	20th January 2020
START OF FINANCIAL YEAR	1st April 2022
END OF FINANCIAL YEAR	31st March 2023
TRUSTEES AT 31ST MARCH 2023	Jeevan Mahesan Nicola Watt Alison Henri Carlene Stanislaus Soon Lee Elisabeth Vernon (Appointed 13th February 2023)
LEGAL STATUS	Charitable Incorporated Organisation
GOVERNING INSTRUMENT	CIO - Foundation Registered 20th January 2020

OBJECTS

1. The relief of those in need by reason of youth, age, ill health, disability, financial hardship or other disadvantage, including social disadvantage. **2**. To advance education of the public in arts, in particular but not exclusively in the art of music, by the presentation of recitals, concerts and other activities as the Trustees shall decide.

CORRESPONDENCE ADDRESS	161A Clarence Street Kingston Upon Thames Surrey KT1 1QT
PRIMARY BANKERS	Metro Bank Plc 1 Southampton Row London WC1B 5HA
INDEPENDENT EXAMINERS	Castle View Accounting Ltd New Barn Mudberry Lane Bosham Chichester West Sussex PO18 8TS

VOICES OF HOPE

(Charitable Incorporated Organisation)

TRUSTEES' REPORT
FOR THE YEAR ENDED 31ST MARCH 2023

Summary of the Purposes

- The relief of those in need by reason of youth, age, ill-health, disability, financial hardship or other disadvantage, including social disadvantage.

- To advance education of the public in the arts, in particular but not exclusively in the art of music, by the presentation of recitals, concerts and other activities as the trustees shall decide.

Summary of the Main Activities

Creative Arts Projects:

- Choral Activities - provision of musical education and opportunities to participate in concerts, together with social support and reintegration for those in need, including the vulnerable, elderly and those on low incomes.

- Active Breathing Course (ABC) - provision of courses composed of breathing and singing exercises to help improve breathing and lung function. People are referred or self-refer onto the course. VoH works with GPs, social prescribers and LAs to take referrals from those struggling with long-Covid or other long-term respiratory conditions.

Food Projects:

- BRITE Box - provision of healthy meal kits (inclusive of food and illustrated recipes) to families in need to help build resilience through teaching cooking skills and providing healthy food free of charge.

- The Good Food Co-op - a not-for-profit enterprise providing highly subsidised fruit and vegetables for those unable to afford healthy food. Food is acquired on a not-for-profit basis, packed by volunteers and subsidised by full paying customer purchases.

- Cooking courses - in-person courses for young people building skills, providing mentoring and giving free access and support to achieve a level 1 Health & Hygiene qualification.

- The Community Pantry - we provide a space on site where we store fresh, packaged and frozen food for local people who cannot afford to buy food or who are struggling with the increasing cost of living. It is a great initiative that receives food donations from local suppliers/sources; this includes surplus from supermarkets, local food businesses, producers and households.

Women's Projects:

- The Kingston Women's Hub - a partnership of organisations providing holistic support to enable women to thrive after experiencing domestic violence, the criminal justice system, abuse, or multiple disadvantages. The partnership offers: crisis support from specialist professional services, individual support through peer mentoring and practical provision to enable healthy living, childcare and parenting support, community support through women's-only activities (with a focus of empowering women, within the context of community, building self esteem, confidence, new skills and hobbies and onward referrals and signposting to additional services across the Borough), Survivor Forums and preventative projects in partnership with the council to collaboratively identify issues, solutions and good practice to be used in training for the relevant services, thus impacting the larger system and culture across our community and Borough.

- Other - provision of regular community activities for those in need - including the socially disadvantaged, the vulnerable, those suffering financial hardship, mental and/or physical ill-health and/or disability and young people at risk socially or at risk of exploitation - with provision of support and opportunity to engage with other support services.

The trustees of VoH have paid due regard to the Charity Commission guidance on public benefit in deciding the activities that the organisation undertook during the year.

Contribution made by Volunteers

The Trustees and Director of VoH would like to record their sincere appreciation to the many volunteers who have helped during this year. Volunteers have given their time to help in many different ways such as catering, hospitality, sound & PA, administration, food distribution and supporting women and young people in the community through various activities and events.

Summary of the Main Achievements
We have continued to run the many projects that VoH set up during and after the pandemic as well as starting a few new initiatives, especially in the areas of helping disadvantaged women and those who are struggling with food scarcity and the growing cost of living within the local community. We continue to partner with Kingston Borough Council and Kingston Voluntary Action and a number of other local organisations to help those in need. A summary of what was achieved is given below:

The Kingston Women's Hub
The Kingston Women's Hub has enabled a coordinated response in the community via a balance between crisis intervention and long term support and recovery.

New Activities:
- Body & Soul is run by Candice Roggeveen and is a class for ladies to help activate bodies with stretching and movement, reduce anxiety with intentional breathing, and rejuvenate souls with moments of reflective relaxation.

- Outreach Support Worker - supports women with complex needs to navigate access to benefits, practical support to enable healthy living (eg. access to free healthy food and hygiene items) and signposting and support to access specialist services.

- Survivor's Forum - due to the outstanding partnership of organisations in the Women's Hub, we have been able to form a Survivor's Forum; the first of its kind in Kingston - ensuring that the voices of survivors are heard loud and clear and are incorporated into system and culture change within the local partnership.

- Pearl Project - we have supported and provided an outlet for survivors of abuse within our community by breaking the associated shame and stigma surrounding this and inspiring others through stories of survival, restoration and triumph. Working with professional writers, photographers and film producers, we have shone a light on women's stories through photography, a published book and documentaries at a live event in Kingston leading into the 10 days of Activism for Violence Against Women and Girls.

- Inspiring Young Adults to Lead - as part of our preventative work at the Women's Hub, and with funding from the Safer Streets HMRC grant, we have developed a programme for boys seeking to address behaviours and attitudes that perpetuate a culture where violence towards women and girls is acceptable. This programme has recently been piloted in its first school with excellent feedback from staff and students. It will continue to be piloted over the next year and we will assess its effectiveness with the view to expanding its reach across the borough.

- Faith Communities Outreach Work - gender based violence towards women and girls often hides within the context of faith communities. This project works with local faith leaders to challenge, inspire and equip them to effectively lead within their community to make it a safe space for women and girls. It involves signposting to initiatives such as White Ribbon Ambassadors, Bystander training, Domestic Violence training, effective safeguarding.

Continuing Activities:
- The Charis Team is run by a wonderful team of women who have come through some of our other initiatives, experienced domestic violence/abuse themselves, and are now in a place where they want to encourage and inspire other women. Referred into from professional agencies, and with the support of the council, they offer peer mentoring support, access to practical help and signposting to additional services.

- Sisterhood Sanctuary - providing regular community activities for those in need - including the socially disadvantaged, the vulnerable and those suffering financial hardship, mental and / or physical ill-health and / or disability - with provision of support and opportunity to engage with other support services.

The BRITE Box Project
Having been in discussions about food insecurity and food hunger clubs with Kingston Council and Achieving for Children, VoH came up with the idea of the BRITE Box - Building Resilience In Today's Environment. The boxes are provided to vulnerable families across Richmond and Kingston. The weekly Family Meal BRITE Box has all the ingredients for a recipe, together with a printed recipe guide with photos illustrating step by step how to cook a healthy meal together as a family. Through our partnership with Achieving for Children, and together with local charities (Growbaby, Man & Boy, Anstee Bridge, Kingston Carers, CiC Balance, AFC youth plus others), VoH has been supporting nearly 500 families with healthy meal recipe kits and have sent out over 24,000 boxes since May 2020 throughout Kingston & Richmond, Southwark and Elmbridge

The Good Food Co-op
The Good Food Co-op was a great initiative, ensuring healthy food was made accessible to those in need by providing highly subsidised fruit and vegetable boxes. From November 2020, VoH has run a weekly pre-order veg and fruit box system, where those unable to afford healthy food can place orders at less than a third of the standard price for such a box. During the course of the year, it was decided to close the Good Food Co-op in Dec 2022 due to the lack of a sufficient target market generating enough income to sustain low-income referrals. The complexities of the increased cost of living impacting both the income generating market and the cost of veg and fruit made the co-op unsustainable and no longer the most effective way to support those in need. We decided to focus on our other food projects where the impact is far greater.

The Community Pantry
The Community Pantry was set up in October 2022 to reduce surplus waste and supply fresh, packaged and frozen food for local people who cannot afford to buy food or who are struggling with the increasing cost of living. Thanks to a grant, we were able to purchase a new stand alone fridge and a separate freezer to store all of the food donations from local suppliers/sources received on a weekly basis. Many of our ladies who come along for the Women's Hub activities benefit hugely from this initiative.

The Active Breathing Course (ABC)
The Active Breathing Course is designed for those whose breathing is impaired after suffering Covid pneumonia or other long term respiratory conditions. Its purpose is to restore, improve and strengthen lung capacity to build resilience and increase fitness.

With the severity of Covid pneumonia, many people are facing a long recovery process that is unfamiliar to them. Activities such as walking any distance or engaging with even beginner physical activity classes are not in reach because of the impact of Covid pneumonia on the lungs. Given our previous experience of, and knowledge relating to, running elderly choirs that have a significant focus on helping to restore and strengthens lungs, VoH has written the Active Breathing Course (ABC), a six week course to specifically help people to recover from the impact of Covid and other respiratory conditions. ABC has four main teaching blocks each week: Diaphragmatic Breathing, Strength Building by Resistance, Singing for Life, and Creativity and Recovery. The course was funded by the NHS for Kingston and Richmond residents due to its proven effectiveness. Along with funding from grants and individual donations, we ran approximately 20 ABCs online in 2022.

Musical Activities
VoH has sought to provide musical education, support, social reintegration and opportunities to participate in concerts for those in need, including the elderly, unwell and those on low incomes. It has done this by continuing with the following groups:

- Sisterhood Choir - providing musical education and opportunities and social support for women who have experienced domestic violence, abuse or long term physical and / or mental health issues.

- Five choirs for the elderly / those with dementia - at Raleigh Staywell Centre, Coxhill Manor, Galsworthy House, Whiteley Village, Sherwood Grange - providing musical education and opportunities to perform in concerts for the elderly, unwell and mentally disadvantaged, promoting greater mental and physical well-being.

- Kingston Voices Choir - providing education in music and a sense of wellbeing by being part of a community.

And we have also set up 2 additional choirs in the Elmbridge Borough:

- Cobham Voices - providing education in music and a sense of wellbeing by being part of a community.

- Link Voices - providing education in music for those with physical and mental disabilities.

As a result of all of these activities, participants and beneficiaries have experienced greater physical and mental well-being, overcome social disadvantage, received education in music and participated in concerts as performers or audience members.

Employability
A key aim in everything we do is to support people to thrive; to help them at a point of need but afterwards be a source of hope and practical support to empower them to move forward in their lives. This happens by providing safe spaces where people can rebuild trust, develop meaningful relationships, regain confidence and be given opportunities to contribute, volunteer and be helped into employment as appropriate. We consistently provide volunteering and employment opportunities for those we reach (service users and volunteers) by:

Youth/Students
- Running volunteer sessions for young people with special educational needs (SEN) / at risk of social exclusion and for the government's Head2work scheme.

- Upskilling youth on our 3D cooking courses with health & hygiene certificates and employment skill sessions.

- Training and employing University graduates to run our Active Breathing Course.

- Providing placements for Kingston University students as part of their course requirements.

Volunteers
- Upskilling our adult volunteers with health & hygiene certificates and community training.

- Providing 1-1 support to find new employment.

- Providing employment opportunities through our projects.

Women's Hub
- Training and employing women who have come through our projects to run choir sessions in the community.

- Training and employing women to run our Active Breathing Course.

- Providing volunteer placements for women referred from Workingwell - a local organisation supporting people with additional needs into work.

- Providing upskilling through our community training and employment skills sessions.

Financial Review
In 2022-23 the organisation had a total income of £380,603 with a net surplus of £10,036. As at 31 March 2023, its net current assets were £106,178, which included a cash balance (deposited and undeposited) of £200,640.

Reserves Policy
The organisation has a reserves policy with an understanding that cash reserves of £20,000 be held at any given time.

Restricted Reserves – Funds linked directly to carried surpluses of individual projects.

Designated Reserves – The reserves built up to the Trustee £20K policy reserve.

Unrestricted Reserves – Surplus funds which could be used for any general purpose within the CIO.

Trustees' Responsibilities

The Charities Act 2011 requires the trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the CIO and of the surplus of the CIO for that period. In preparing those financial statements the trustees are required to:

- Select suitable accounting policies and apply them consistently
- Make judgements and estimates that are reasonable and prudent
- Prepare financial statements on the going concern basis unless it is inappropriate to presume that the CIO will continue in existence.

The trustees are responsible for keeping proper accounting records, which disclose with reasonable accuracy at any time the financial position of the CIO. They are also responsible for safeguarding the assets of the CIO and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Approved by the Trustees on ..... 16th November 2023 .....

Signed on their behalf by Trustee ..... J. Mal .....

Printed Name: JEEVAN MAHESAN

VOICES OF HOPE

(Charitable Incorporated Organisation)

STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 31ST MARCH 2023

	Notes	Unrestricted Funds £	Designated Funds £	Restricted Funds £	TOTAL 2022/23 £	TOTAL 2021/22 £
INCOMING RESOURCES						
Incoming Resources from Generated Funds						
Donations, Grants & Legacies	**3a**	13,832	-	280,822	294,654	190,262
Charitable Activities	**3b**	13,472	-	41,988	55,460	93,714
Investment Income	**3c**	35	-	-	35	1
Activities for Generating Funds	**3d**	-	-	4,336	4,336	3,465
Other Incoming Resources	**3e**	-	-	22	22	259
TOTAL INCOMING RESOURCES		**27,339**	**-**	**327,168**	**354,507**	**287,700**
RESOURCES EXPENDED						
Costs of Generating Funds						
Cost of Charitable Activities	**4a**	37,571	-	299,931	337,502	260,791
Governance Costs	**4b**	1,400	-	5,569	6,969	13,682
TOTAL RESOURCES EXPENDED		**38,971**	**-**	**305,500**	**344,471**	**274,473**
NET INCOMING (OUTGOING) RESOURCES		**(11,632)**	**-**	**21,668**	**10,036**	**13,227**
Funds Brought Forward		13,504	-	82,638	96,142	82,915
Transfer Between Funds	**5 & 6**	15,087	17,858	(32,945)	-	-
TOTAL FUNDS CARRIED FORWARD		**16,959**	**17,858**	**71,361**	**106,178**	**96,142**

Movements on all reserves and all recognised gains and losses are shown above. All of the organisation's operations are classed as continuing.

The notes on pages 11 to 19 form part of these financial statements.

VOICES OF HOPE

(Charitable Incorporated Organisation)

BALANCE SHEET
AS AT 31ST MARCH 2023

	Note	Unrestricted Funds £	Restricted Funds £	Total 31-Mar-23 £	Total 31-Mar-22 £
Fixed Assets					
Tangible Assets	2	-	-	-	-
Investments	7	-	-	-	-
Total Fixed Assets		-	-	-	-
Current Assets					
Debtors & Prepayments	9	3,866	96,345	100,211	27,302
Cash at Bank and in Hand	8	97,976	102,664	200,640	96,397
Total Current Assets		**101,842**	**199,009**	**300,851**	**123,699**
Creditors: Amounts falling due within one year	10	17,024	-	17,024	9,004
Deferred Income: Grants and donations received in advance	11	50,000	127,648	177,648	18,552
NET CURRENT ASSETS		34,817	71,361	106,178	96,142
TOTAL ASSETS less current liabilities		**34,817**	**71,361**	**106,178**	**96,142**
Creditors: Amounts falling due in more than one year	12	-	-	-	-
NET ASSETS		**34,817**	**71,361**	**106,178**	**96,142**
Funds of the Charity					
General Funds		16,959	-	16,959	13,504
Designated Funds	6	17,858	-	17,858	-
Restricted Funds	5	-	71,361	71,361	82,638
Total Funds		**34,817**	**71,361**	**106,178**	**96,142**

Approved by the Trustees on 16th November 2023

Signed on their behalf by Trustee J. Mah

Printed Name: JEEVAN MAHESAN

VOICES OF HOPE

(Charitable Incorporated Organisation)

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31ST MARCH 2023

1. ACCOUNTING POLICIES

Basis of Preparation & Assessment of Going Concern

Basis of Preparation

The financial statements have been prepared under the historical cost convention with items recognised at cost or transaction value unless otherwise stated in the relevant notes. The financial statements have been prepared in accordance with the Statement of Recommended Practice: Accounting and Reporting by Charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS102) (effective 1 January 2015) - (Charities SORP - FRS102) and the Charities Act 2011.

The Charity meets the definition of a public benefit entity under FRS102. Assets and liabilities are initially recognised at historical cost unless otherwise stated in the relevant accounting policy notes.

Assessment of Going Concern

Preparation of the accounts is on a going concern basis. The trustees consider that there are no material uncertainties about the Charity's ability to continue as a going concern.

Incoming Resources

Recognition of Incoming Resources

These are included in the Statement of Financial Activities (SOFA) when:

- the charity becomes entitled to the resources;
- the trustees are virtually certain they will receive the resources; and
- the monetary value can be measured with sufficient reliability

Incoming Resources with Related Expenditure

Where incoming resources have related expenditure (as with fundraising or contract income) the incoming resource and related expenditure are reported gross in the SOFA.

Grants and Donations

Grants and Donations are only included in the SOFA when the charity has unconditional entitlement to the resources.

Tax Reclaims on Donations and Gifts

Incoming resources from tax reclaims are included in the SOFA at the same time as the gift to which they relate.

Contractual Income and Performance Related Grants

This is only included in the SOFA once the related goods or services have been delivered.

Gifts in Kind

Gifts in kind are accounted for at a reasonable estimate of their value to the charity or the amount actually realised. Gifts in kind for sale or distribution are included in the accounts as gifts only when sold or distributed by the charity. Gifts in kind for use by the charity are included in the SOFA as incoming resources when receivable.

Donated Services and Facilities

These are only included in incoming resources (with an equivalent amount in resources expended) where the benefit to the charity is reasonably quantifiable, measurable and material. The value placed on these resources is the estimated value to the charity of the service or facility received.

Volunteer Help

The value of any voluntary help received is not included in the accounts.

Investment Income

This is included in the accounts when receivable.

Investment Gains and Losses

This included any gain or loss on the sale of investments and any gain or loss resulting from revaluing investments to market value at the end of the year.

1. ACCOUNTING POLICIES (continued)

Expenditure and Liabilities

Liability Recognition
Liabilities are recognised as soon as there is a legal or constructive obligation committing the charity to pay out resources.

Governance Costs
Include costs of the preparation and examination of statutory accounts, the costs of the trustees meetings and cost of any legal advice to trustees on governance or constitutional matters.

Grants with Performance Conditions
Where the charity gives a grant with conditions for its payment being a specific level of service or output to be provided, such grants are only recognised in the SOFA once the recipient of the grant has provided the specified service or output.

Grants Payable without Performance Conditions
These are only recognised in the accounts when a commitment has been made and there are no conditions to be met relating to a grant which remain in control of the charity.

Investments
Investments quoted on a recognised stock exchange are valued at market value at the year end. Other investment assets are included at trustees' best estimate of market value.

Unrestricted funds
These funds can be used for the general objectives of the charity as set out in the trustees report. The movements of the unrestricted funds are given in the Statement of Financial Activities.

Restricted funds
These funds are where the donor has specified a purpose for the donation made. These restrictions often arise as a result of appeals for special offerings for specific purposes.

Designated funds
These funds are funds set aside by the trustees out of unrestricted general funds for particular purposes or projects.

Fixed Assets
Fixed Assets are capitalised if they can be used for more than one year and cost at least £1,500. They are valued at cost or, if gifted, at the value to the charity on receipt.

Depreciation Expense
Depreciation is calculated at a rate to write off the cost of tangible fixed assets over their estimated useful lives. The rates applied are as follows:

Fixtures, Fittings and Equipment	25% - Straight Line Basis

2. TANGIBLE FIXED ASSETS

The CIO held no fixed assets during this or the previous financial period.

The annual commitments under non-cancelling operating leases and capital commitments are as follows:

31st March 2023 : None
31st March 2022 : None

3. INCOMING RESOURCES

	Unrestricted Funds £	Designated Funds £	Restricted Funds £	**TOTAL 2022/23** £	**TOTAL 2021/22** £
a) Donations, Grants & Legacies					
Gift Aid Donations	8,350	-	430	8,780	13,500
Gift Aid Tax	335	-	2,098	2,433	1,291
Gifts & Donations	4,147	-	50,070	54,217	38,533
Grants Received	1,000	-	228,224	229,224	136,938
	13,832	**-**	**280,822**	**294,654**	**190,262**
b) Charitable Activities					
Activities & Projects	1,125	-	1,325	2,450	844
Core Cost Recovery	-	-	-	-	24,536
Course & Session Fees	60	-	16,724	16,784	9,352
Food Products	417	-	18,704	19,121	58,982
Management Income Fees	11,870	-	5,235	17,105	-
	13,472	**-**	**41,988**	**55,460**	**93,714**
c) Investment Income					
Interest	35	-	-	35	1
	35	**-**	**-**	**35**	**1**
d) Activities for Generating Funds					
Fundraising Income	-	-	4,336	4,336	3,465
	-	**-**	**4,336**	**4,336**	**3,465**
e) Other Incoming Resources					
Sundry Income	-	-	22	22	259
	-	**-**	**22**	**22**	**259**

4. RESOURCES EXPENDED

		Unrestricted Funds £	Designated Funds £	Restricted Funds £	**TOTAL 2022/23** £	**TOTAL 2021/22** £
a) Cost of Charitable Activities						
Advertising & Publicity		13	-	3,459	3,472	854
Art & Craft Materials		63	-	2,791	2,854	1,486
Bank Charges		134	-	83	217	285
Cleaning Costs		34	-	44	78	212
Equipment Costs		54	-	2,993	3,047	3,263
Food Costs		1,504	-	60,807	62,311	57,033
Fundraising Costs		49	-	2,399	2,448	1,840
Gifts & Donations		3,244	-	20,014	23,258	21,587
Grants & Awards		453	-	7,210	7,663	20,077
Insurance Costs		924	-	-	924	601
Licenses & Subscriptions		926	-	1,571	2,497	1,049
Music Resources		-	-	-	-	82
Office Costs		-	-	-	-	800
Printing & Packaging		489	-	8,833	9,322	11,069
Rent & Rates		-	-	6,435	6,435	200
Repairs & Maintenance		353	-	75	428	21
Staff Costs	**14**	26,623	-	181,540	208,163	137,668
Sundry Expenses		562	-	-	562	78
Training Costs		715	-	426	1,141	294
Travel & Subsistence		-	-	108	108	25
Tuition Fees		-	-	-	-	993
Volunteers Costs		831	-	1,142	1,973	825
Website Costs		600	-	-	600	451
		37,571	**-**	**299,931**	**337,502**	**260,791**
b) Governance Costs						
Independent Examiners Fees	**10**	1,050	-	-	1,050	850
Legal & Professional Fees		350	-	5,569	5,919	12,832
		1,400	**-**	**5,569**	**6,969**	**13,682**

5. RESTRICTED FUNDS

CURRENT FINANCIAL PERIOD

	Balance 01-Apr-22 £	Income £	Expenditure £	Transfers £	**Balance 31-Mar-23** £
Active Breathing Course	3,794	18,822	12,970	(68)	9,578
Brite Box Kingston Fund	46,550	107,778	113,858	(9,720)	30,750
Brite Box Blossom House	-	4,800	-	-	4,800
Brite Box Elmbridge	-	21,073	14,705	-	6,368
Brite Box Hounslow	-	5,000	556	-	4,444
Brite Box Social Franchise	-	20,500	17,421	-	3,079
Brite Box Trading	-	-	303	303	-
Choral Activities		-	-	-	-
Choirs	2,396	21,026	21,298	(539)	1,585
HAF Creative Space Trading	-	1,600	1,600	-	-
Jubilee of Meaningful Memories	-	5,040	5,000	-	40
Community Fridge	-	3,000	1,920	-	1,080
Community Garden Fund	(1,437)	6,609	1,700	(3,000)	472
Cooking Classes	3,880	79	3,244	(715)	-
Employability Fund	15,483	806	16,289	-	-
Cycle of Change	-	25	27	2	-
Dinner for Hope	-	3,575	3,825	250	-
Good Food Co-Op Fund	6,510	15,207	17,901	(3,008)	808
Growbaby (Vineyard)	-	-	952	952	-
Refugee Action Boxes	-	620	540	-	80
Body & Soul Exercise Class	-	1,101	1,132	31	-
Pearl Project	-	7,413	7,567	154	-
Preventive Works/Safer Streets	-	28,319	28,319	-	-
Sister Sanctuary	(1,009)	15,675	7,912	(1)	6,753
Survivors' Forum	-	2,282	1,208	450	1,524
Women's Hub	70	36,818	25,253	(11,635)	-
Choral Activities	1,746	-	-	(1,746)	-
Food Charity Project	15,763	-	-	(15,763)	-
Food Hub	(11,831)	-	-	11,831	-
Food Trading Project	918	-	-	(918)	-
Korean Food Hub	149	-	-	(149)	-
DofE Trading Fund	(344)	-	-	344	-
	82,638	**327,168**	**305,500**	**(32,945)**	**71,361**

During the financial period the Trustees of Voices of Hope have agreed to transfer general funds to discontinued restricted operations in order to mitigate projects losses and deficits during the financial period in order to present a true and fair view of the restricted funds held by the Charity as at the 31st March 2023.

5. RESTRICTED FUNDS (Continued)

PREVIOUS FINANCIAL PERIOD

	Balance 01-Apr-21 £	Income £	Expenditure £	Transfers £	Balance 31-Mar-22 £
Active Breathing Course	(584)	21,481	17,103	-	3,794
Brite Box Kingston Fund	13,917	136,962	104,329	-	46,550
Choral Activities	(553)	9,277	6,328	-	2,396
Choral Activities - Whiteley Fund	1,746	-	-	-	1,746
Community Garden Fund	-	4,337	5,774	-	(1,437)
Food Charity Project	15,763	-	-	-	15,763
Food Hub	(3,730)	4,654	12,755	-	(11,831)
Food Trading Project	918	-	-	-	918
Good Food Co-Op Fund	30,775	34,184	58,449	-	6,510
Korean Food Hub	149	-	-	-	149
Sister Sanctuary	2,410	-	3,419	-	(1,009)
3D Youth Cooking Classes	-	10,218	6,338	-	3,880
DofE Trading Fund	-	2,250	2,594	-	(344)
Employability Fund	-	20,000	4,517	-	15,483
Women's Hub	-	1,050	980	-	70
	60,811	**244,413**	**222,586**	**-**	**82,638**

Restricted funds are wholly represented by the charity's cash reserves and are to be expended as specified above.

6. DESIGNATED FUNDS

CURRENT FINANCIAL PERIOD

	Balance 01-Apr-22 £	Income £	Expenditure £	Transfers £	Balance 31-Mar-23 £
Designated Reserve Fund	-	-	-	17,858	17,858
	-	**-**	**-**	**17,858**	**17,858**

Designated funds are wholly represented by the charity's cash reserves and are to be expended as specified above.

7. INVESTMENTS

The CIO held no fixed assets investments during this or the previous financial period.

8. CASH AT BANK AND IN HAND

	Unrestricted Fund £	Restricted Fund £	**Total 31-Mar-23 £**	**Total 31-Mar-22 £**
Cash at Bank & in Hand	97,976	102,664	200,640	96,397
	97,976	**102,664**	**200,640**	**96,397**

9. DEBTORS AND PREPAYMENTS

	Unrestricted Fund £	Restricted Fund £	**Total 31-Mar-23 £**	**Total 31-Mar-22 £**
Gift Aid Tax Refund	2,083	-	2,083	3,530
Sundry Debtors	1,783	96,345	98,128	23,772
	3,866	**96,345**	**100,211**	**27,302**

10. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	Unrestricted Fund £	Restricted Fund £	**Total 31-Mar-23 £**	**Total 31-Mar-22 £**
Independent Examiners Fees	1,050	-	1,050	850
PAYE & N.I	5,217	-	5,217	4,332
Sundry Creditors	10,757	-	10,757	3,822
	17,024	**-**	**17,024**	**9,004**

11. DEFERRED INCOME: GRANTS AND DONATIONS RECEIVED IN ADVANCE

	Unrestricted Fund £	Restricted Fund £	**Total 31-Mar-23 £**	**Total 31-Mar-22 £**
Grants & Donations Received in Advance	50,000	127,648	177,648	18,552
	50,000	**127,648**	**177,648**	**18,552**

The deferred income represent the grants and donation received by the Charity in advance and intended for future Charitable purposes. The grants and donations received in advance have therefore been carried forward for use as intended and the funds will be recognised in the Statement of Financial Activity in the coming financial period.

12. CREDITORS: AMOUNTS FALLING DUE IN MORE THAN ONE YEAR

The CIO held no long term liabilities during this or the previous financial period.

13. NET ASSETS BETWEEN FUNDS

	Unrestricted Funds £	Restricted Funds £	**Total 31-Mar-23** £	**Total 31-Mar-22** £
Fixed Asset Investments	-	-	-	-
Net Current Assets	34,817	71,361	106,178	96,142
Long Term Liabilities	-	-	-	-
	34,817	**71,361**	**106,178**	**96,142**

14. STAFF COSTS AND NUMBERS

	TOTAL 2022/23 £	**TOTAL 2021/22** £
Gross Wages, Salaries & Fees	191,422	124,675
Employer's National Insurance Costs	7,797	5,986
Pension Contributions	8,944	7,007
	208,163	**137,668**

Employees who were engaged in each of the following activities:

	TOTAL 2022/23	**TOTAL 2021/22**
Charitable Activities	10	7

The Charity operates a PAYE scheme to pay all members of employed staff and no employees received emoluments in excess of £60,000.

15. TRUSTEES AND OTHER RELATED PARTIES

The only payments made to the Trustees consisted of reimbursements of expenses incurred in furthering the Charity's objects and no direct benefits were received by the Trustees or any related parties during the financial period.

No other payments were made to trustees or any persons connected with them during this financial period. No material transaction took place between the organisation and a trustee or any person connected with them.

16. RISK ASSESSMENT

The Trustees actively review the major risks which the charity faces on a regular basis and believe that maintaining the unrestricted reserves stated, combined with the annual review of the controls over key financial systems carried out on an annual basis will provide sufficient resources in the event of adverse conditions. The Trustees have also examined other operational and business risks which they face and confirm that they have established systems to mitigate the significant risks.

17. RESERVES POLICY

The Trustees have considered the level of reserves they wish to retain, appropriate to the CIO's needs. This is based on the CIO's size and the level of financial commitments held. The Trustees aim to ensure the CIO will be able to continue to fulfil its charitable objectives even if there is a temporary shortfall in income or unexpected expenditure. The Trustees will endeavour not to set aside funds unnecessarily.

18. PUBLIC BENEFIT

The CIO acknowledges its requirement to demonstrate clearly that it must have charitable purposes or ‘aims’ that are for the public benefit. Details of how the CIO has achieved this are provided in the Trustees report. The Trustees confirm that they have paid due regard to the Charity Commission guidance on public benefit before deciding what activities the CIO should undertake

VOICES OF HOPE

(Charitable Incorporated Organisation)

INDEPENDENT EXAMINER'S REPORT ON THE ACCOUNTS

Report to the trustees/ members of Voices of Hope on the accounts for the year ended 31st March 2023 set out on pages 9 to 19.

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 of the Charities Act 2011 (the Charities Act) and that an independent examination is needed.

It is my responsibility to:

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

Basis of independent examiner's statement

My examination was carried out in accordance with 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 the 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 Charities Act; and
   - to prepare accounts which accord with the accounting records and comply with the accounting requirements of the Charities 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.

K. Collaku MAAT
Castle View Accounting Ltd
New Barn
Mudberry Lane
Bosham
Chichester
West Sussex
PO18 8TS

Date: 23rd November 2023

VOICES OF HOPE

England & Wales - Charity number 1187454

Accounts

ANNUAL REPORTS AND FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31ST MARCH 2022

VOICES OF HOPE

(Charitable Incorporated Organisation)

CHARITY REGISTRATION No: 1187454

Castle View Accounting Ltd
New Barn
Mudberry Lane
Bosham
Chichester
West Sussex
PO18 8TS

VOICES OF HOPE

(Charitable Incorporated Organisation)

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VOICES OF HOPE

(Charitable Incorporated Organisation)

LEGAL AND ADMINISTRATIVE INFORMATION

CHARITY NUMBER	1187454
DATE OF REGISTRATION	20th January 2020
START OF FINANCIAL YEAR	1st April 2021
END OF FINANCIAL YEAR	31st March 2022
TRUSTEES AT 31ST MARCH 2022	Jeevan Mahesan Nicola Watt (Appointed 3rd May 2021) Alison Henri (Appointed 30th September 2021) Carlene Stanislaus (Appointed 14th December 2021) Soon Lee (Appointed 11th February 2022) Keith Calder (Resigned 30th September 2021) Elizabeth Batha (Resigned 15th December 2021)
LEGAL STATUS	Charitable Incorporated Organisation
GOVERNING INSTRUMENT	CIO - Foundation Registered 20th January 2020

OBJECTS

1. The relief of those in need by reason of youth, age, ill health, disability, financial hardship or other disadvantage, including social disadvantage. **2**. To advance education of the public in arts, in particular but not exclusively in the art of music, by the presentation of recitals, concerts and other activities as the Trustees shall decide.

CORRESPONDENCE ADDRESS	161A Clarence Street Kingston Upon Thames Surrey KT1 1QT
PRIMARY BANKERS	Metro Bank Plc 1 Southampton Row London WC1B 5HA
INDEPENDENT EXAMINERS	Castle View Accounting Ltd New Barn Mudberry Lane Bosham Chichester West Sussex PO18 8TS

VOICES OF HOPE

(Charitable Incorporated Organisation)

TRUSTEES' REPORT
FOR THE YEAR ENDED 31ST MARCH 2022

Summary of the Purposes

- The relief of those in need by reason of youth, age, ill-health, disability, financial hardship or other disadvantage, including social disadvantage.

- To advance education of the public in the arts, in particular but not exclusively in the art of music, by the presentation of recitals, concerts and other activities as the trustees shall decide.

Summary of the Main Activities

- Food Hub - preparation and delivery of food to those in need, including the elderly, ill, disabled and financially limited.

- Choral Activities - provision of musical education and opportunities to participate in concerts, together with social support and reintegration for those in need, including the vulnerable, elderly and those on low incomes.

- BRITE Box - provision of healthy meal kits (inclusive of food and illustrated recipes) to families in need to help build resilience through teaching cooking skills and providing healthy food free of charge.

- Active Breathing Course (ABC) - provision of courses composed of breathing and singing exercises to help improve breathing and lung function. People are referred or self-refer onto the course. VoH works with GPs, social prescribers and LAs to take referrals from those struggling with long-Covid or other long-term respiratory conditions.

- The Good Food Co-op - a not-for-profit enterprise providing highly subsidised fruit and vegetables for those unable to afford healthy food. Food is acquired on a not-for-profit basis, packed by volunteers and subsidised by full paying customer purchases. VoH works with referral organisations such as Growbaby, CAP, Foodbank and Refugee Action to make sure it is reaching those most in need

- The Kingston Women's Hub - a partnership of organisations providing holistic support to enable women to thrive after experiencing domestic violence, the criminal justice system, abuse, or multiple disadvantages. The partnership offers: crisis support from specialist professional services, individual support through peer mentoring and practical provision to enable healthy living, childcare and parenting support, community support through women's-only activities with a focus of empowering women, within the context of community, building self esteem, confidence, new skills and hobbies and onward referrals and signposting to additional services across the Borough.

- Other - provision of regular community activities for those in need - including the socially disadvantaged, the vulnerable, those suffering financial hardship, mental and / or physical ill-health and / or disability and young people at risk socially or at risk of exploitation - with provision of support and opportunity to engage with other support services.

The trustees of VoH have paid due regard to the Charity Commission guidance on public benefit in deciding the activities that the organisation undertook during the year.

Contribution made by Volunteers

The Trustees and Director of VoH would like to record their sincere appreciation to the many volunteers who have helped during this year. Volunteers have given their time to help in many different ways such as catering, hospitality, sound & PA, administration, food distribution and supporting women and young people in the community through various activities and events.

Summary of the Main Achievements
Following the pandemic, the many projects that VoH set up have continued to run as well as starting a few new initiatives, especially in the areas of helping disadvantaged women and youth in the local community. We continue to partner with Kingston Borough Council and Kingston Voluntary Action and a number of other local organisations to help those in need. A summary of what was achieved is given below:

The Kingston Women's Hub
"The Kingston Women's Hub has enabled a coordinated response in the community via a balance between crisis intervention and long term support and recovery. It provides a holistic and safe space for members of the community to be able to heal, thrive and feel empowered." Kavitha Ramakrishnan, RBK Domestic & Sexual Violence Reduction Policy Officer, Kingston MARAC Coordinator.

New Activities:
- The Charis Team is run by a wonderful team of women who have come through some of our other initiatives, experienced domestic violence/abuse themselves, and are now in a place where they want to encourage and inspire other women. Referred into from professional agencies, and with the support of the council, they offer peer mentoring support, access to practical help and signposting to additional services.

- Survivor's Forum - due to the outstanding partnership of organisations in the Women's Hub, we have been able to form a Survivor's Forum; the first of its kind in Kingston - ensuring that the voices of survivors are heard loud and clear and are incorporated into system and culture change within the local partnership.

- Pearl Project - we want to champion survivors of abuse within our community by breaking the associated shame and stigma surrounding this and inspiring others through stories of survival, restoration and triumph. Working with professional writers, photographers and film producers, we will shine a light on women's stories through photography, a published book and documentaries at a live event in Kingston leading into the 10 days of Activism for Violence Against Women and Girls.

Continuing Activities:
- Sisterhood Sanctuary - providing regular community activities for those in need - including the socially disadvantaged, the vulnerable and those suffering financial hardship, mental and / or physical ill-health and / or disability - with provision of support and opportunity to engage with other support services.

The Kingston Aid Food Hub
We continued to deliver meals to those in need at the start of the year. However, during the course of the year, it was decided to close this side of operations and focus on our other food projects (see below) as the need was not as great as during the height of the pandemic.

The BRITE Box Project
Having been in discussions about food insecurity and food hunger clubs with Kingston Council and Achieving for Children, VoH came up with the idea of the Brite Box - Building Resilience In Today's Environment. The boxes are provided to vulnerable families across Richmond and Kingston. The weekly Family Meal Brite Box has all the ingredients for a recipe, together with a printed recipe guide with photos illustrating step by step how to cook a healthy meal together as a family. Through our partnership with Achieving for Children, and together with local charities (Growbaby, Man & Boy, Anstee Bridge, Kingston Carers, CiC Balance, AFC youth plus others), VoH has been supporting nearly 500 families with healthy meal recipe kits in Kingston & Richmond, Southwark and now Elmbridge Borough as well.

The Good Food Co-op
The Good Food Co-op is making the provision of healthy food accessible to those in need by providing highly subsidised fruit and vegetable boxes. From November 2020, VoH has run a weekly pre-order veg and fruit box system, where those unable to afford healthy food can place orders at less than a third of the standard price for such a box. The produce is sustainable, seasonal, spray-free and ethically sourced. It is acquired on a not-for-profit basis, packed by volunteers and subsidised by full paying customer purchases. Referrals are initially being taken from Foodbank, Growbaby, CAP and Refugee Action - and it is expected that the number of agencies will increase with the growth of the Co-op. Those referred to The Good Food Co-op are already actively engaging with advocacy provided by the referral agency to address underlying financial drivers. Free bonus bags of surplus products from the Foodbank are also given alongside the purchase of the subsidised fruit and veg box.

The Active Breathing Course (ABC)
The Active Breathing Course is designed for those whose breathing is impaired after suffering Covid pneumonia or other long term respiratory conditions. Its purpose is to restore, improve and strengthen lung capacity to build resilience and increase fitness.

With the severity of Covid pneumonia, many people are facing a long recovery process that is unfamiliar to them. Activities such as walking any distance or engaging with even beginner physical activity classes are not in reach because of the impact of Covid pneumonia on the lungs. Given our previous experience of, and knowledge relating to, running elderly choirs that have a significant focus on helping to restore and strengthens lungs, VoH has written the Active Breathing Course (ABC), a six week course to specifically help people to recover from the impact of Covid and other respiratory conditions. ABC has four main teaching blocks each week: Diaphragmatic Breathing, Strength Building by Resistance, Singing for Life, and Creativity and Recovery.

Musical Activities
VoH has sought to provide musical education, support, social reintegration and opportunities to participate in concerts for those in need, including the elderly, unwell and those on low incomes. It has done this by continuing with the following groups:
- Sisterhood Choir - providing musical education and opportunities and social support for women who have experienced domestic violence, abuse or long term physical and / or mental health issues.

- Five choirs for the elderly / those with dementia - at Raleigh Staywell Centre, Coxhill Manor, Galsworthy House, Whiteley Village, Sherwood Grange - providing musical education and opportunities to perform in concerts for the elderly, unwell and mentally disadvantaged, promoting greater mental and physical well-being.

- Kingston Voices Choir - providing education in music and a sense of wellbeing by being part of a community.

And we have also set up 2 additional choirs in the Elmbridge Borough:
- Cobham Voices - providing education in music and a sense of wellbeing by being part of a community.

- Link Voices - providing education in music for those with physical and mental disabilities.

As a result of all of these activities, participants and beneficiaries have experienced greater physical and mental well-being, overcome social disadvantage, received education in music and participated in concerts as performers or audience members.

Employability
A key aim in everything we do is to support people to thrive; to help them at a point of need but afterwards be a source of hope and practical support to empower them to move forward in their lives. This happens by providing safe spaces where people can rebuild trust, develop meaningful relationships, regain confidence and be given opportunities to contribute, volunteer and be helped into employment as appropriate. We consistently provide volunteering and employment opportunities for those we reach (service users and volunteers) by:

Youth/Students -
- Running volunteer sessions for young people with special educational needs (SEN) / at risk of social exclusion and for the government's Head2work scheme.

- Upskilling youth on our 3D cooking courses with health & hygiene certificates and employment skill sessions.

- Training and employing University graduates to run our Active Breathing Course.

- Providing placements for Kingston University students as part of their course requirements.

Volunteers -

- Upskilling our adult volunteers with health & hygiene certificates and community training.
- Providing 1-1 support to find new employment.
- Providing employment opportunities through our projects.

Women's Hub -

- Training and employing women who have come through our projects to run choir sessions in the community.
- Training and employing women to run our Active Breathing Course.
- Providing volunteer placements for women referred from Workingwell - a local organisation supporting people with additional needs into work.
- Providing upskilling through our community training and employment skills sessions.

Financial Review

In 2021-22 the organisation had a total income of £287,700 with a net surplus of £13,277. As at 31 March 2022, its net current assets were £96,192 which included a cash balance (deposited and undeposited) of £96,397.

Reserves Policy

The organisation has a reserves policy with an understanding that cash reserves of £20,000 be held at any given time.

Trustees' Responsibilities

The Charities Act 2011 requires the trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the CIO and of the surplus of the CIO for that period. In preparing those financial statements the trustees are required to:

- Select suitable accounting policies and apply them consistently
- Make judgements and estimates that are reasonable and prudent
- Prepare financial statements on the going concern basis unless it is inappropriate to presume that the trust will continue in existence.

The trustees are responsible for keeping proper accounting records, which disclose with reasonable accuracy at any time the financial position of the CIO. They are also responsible for safeguarding the assets of the CIO and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Approved by the Trustees on 18 JULY 2022

Signed on their behalf by Trustee J. Mah

Printed Name: JEEVAN MAHESAN

VOICES OF HOPE

(Charitable Incorporated Organisation)

STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 31ST MARCH 2022

	Notes	Unrestricted Funds £	Restricted Funds £	TOTAL 2021/22 £	TOTAL 2020/21 £
INCOMING RESOURCES					
Incoming Resources from Generated Funds					
Donations, Grants & Legacies	**3a**	21,524	168,738	190,262	203,066
Charitable Activities	**3b**	21,763	71,951	93,714	28,801
Investment Income	**3c**	1	-	1	4
Activities for Generating Funds	**3d**	-	3,465	3,465	-
Other Incoming Resources	**3e**	-	259	259	4,336
TOTAL INCOMING RESOURCES		**43,288**	**244,413**	**287,700**	**236,207**
RESOURCES EXPENDED					
Costs of Generating Funds					
Cost of Charitable Activities	**4a**	49,837	210,954	260,791	101,468
Governance Costs	**4b**	2,050	11,632	13,682	51,824
TOTAL RESOURCES EXPENDED		**51,887**	**222,586**	**274,473**	**153,293**
NET INCOMING (OUTGOING) RESOURCES		**(8,600)**	**21,827**	**13,227**	**82,915**
Funds Brought Forward		22,104	60,811	82,915	-
TOTAL FUNDS CARRIED FORWARD		**13,504**	**82,638**	**96,142**	**82,915**

Movements on all reserves and all recognised gains and losses are shown above. All of the organisation's operations are classed as continuing.

The notes on pages 10 to 16 form part of these financial statements.

VOICES OF HOPE

(Charitable Incorporated Organisation)

BALANCE SHEET
AS AT 31ST MARCH 2022

	Note	Unrestricted Funds	Restricted Funds	Total 31-Mar-22	Total 31-Mar-21
		£	£	£	£
Fixed Assets					
Tangible Assets	2	-	-	-	-
Investments	6	-	-	-	-
Total Fixed Assets		-	-	-	-
Current Assets					
Debtors & Prepayments	8	17,270	10,032	27,302	1,880
Cash at Bank and in Hand	7	10,206	86,190	96,397	86,892
Total Current Assets		**27,477**	**96,222**	**123,699**	**88,772**
Creditors: Amounts falling due within one year	9	13,972	13,584	27,557	5,857
NET CURRENT ASSETS		13,504	82,638	96,142	82,915
TOTAL ASSETS less current liabilities		**13,504**	**82,638**	**96,142**	**82,915**
Creditors: Amounts falling due in more than one year	10	-	-	-	-
NET ASSETS		**13,504**	**82,638**	**96,142**	**82,915**
Funds of the Charity					
General Funds		13,504	-	13,504	22,104
Restricted Funds	5	-	82,638	82,638	60,811
Total Funds		**13,504**	**82,638**	**96,142**	**82,915**

Approved by the Trustees on 18 JULY 2022

Signed on their behalf by Trustee J. Mah

Printed Name: JEEVAN MAHESAN

VOICES OF HOPE

(Charitable Incorporated Organisation)

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31ST MARCH 2022

1. ACCOUNTING POLICIES

Basis of Preparation & Assessment of Going Concern

Basis of Preparation

The financial statements have been prepared under the historical cost convention with items recognised at cost or transaction value unless otherwise stated in the relevant notes. The financial statements have been prepared in accordance with the Statement of Recommended Practice: Accounting and Reporting by Charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS102) (effective 1 January 2015) - (Charities SORP - FRS102) and the Charities Act 2011.

The Charity meets the definition of a public benefit entity under FRS102. Assets and liabilities are initially recognised at historical cost unless otherwise stated in the relevant accounting policy notes.

Assessment of Going Concern

Preparation of the accounts is on a going concern basis. The trustees consider that there are no material uncertainties about the Charity's ability to continue as a going concern.

Incoming Resources

Recognition of Incoming Resources

These are included in the Statement of Financial Activities (SOFA) when:

- the charity becomes entitled to the resources;
- the trustees are virtually certain they will receive the resources; and
- the monetary value can be measured with sufficient reliability

Incoming Resources with Related Expenditure

Where incoming resources have related expenditure (as with fundraising or contract income) the incoming resource and related expenditure are reported gross in the SOFA.

Grants and Donations

Grants and Donations are only included in the SOFA when the charity has unconditional entitlement to the resources.

Tax Reclaims on Donations and Gifts

Incoming resources from tax reclaims are included in the SOFA at the same time as the gift to which they relate.

Contractual Income and Performance Related Grants

This is only included in the SOFA once the related goods or services have been delivered.

Gifts in Kind

Gifts in kind are accounted for at a reasonable estimate of their value to the charity or the amount actually realised. Gifts in kind for sale or distribution are included in the accounts as gifts only when sold or distributed by the charity. Gifts in kind for use by the charity are included in the SOFA as incoming resources when receivable.

Donated Services and Facilities

These are only included in incoming resources (with an equivalent amount in resources expended) where the benefit to the charity is reasonably quantifiable, measurable and material. The value placed on these resources is the estimated value to the charity of the service or facility received.

Volunteer Help

The value of any voluntary help received is not included in the accounts.

Investment Income

This is included in the accounts when receivable.

Investment Gains and Losses

This included any gain or loss on the sale of investments and any gain or loss resulting from revaluing investments to market value at the end of the year.

1. ACCOUNTING POLICIES (continued)

Expenditure and Liabilities

Liability Recognition
Liabilities are recognised as soon as there is a legal or constructive obligation committing the charity to pay out resources.

Governance Costs
Include costs of the preparation and examination of statutory accounts, the costs of the trustees meetings and cost of any legal advice to trustees on governance or constitutional matters.

Grants with Performance Conditions
Where the charity gives a grant with conditions for its payment being a specific level of service or output to be provided, such grants are only recognised in the SOFA once the recipient of the grant has provided the specified service or output.

Grants Payable without Performance Conditions
These are only recognised in the accounts when a commitment has been made and there are no conditions to be met relating to a grant which remain in control of the charity.

Investments
Investments quoted on a recognised stock exchange are valued at market value at the year end. Other investment assets are included at trustees' best estimate of market value.

Unrestricted funds
These funds can be used for the general objectives of the charity as set out in the trustees report. The movements of the unrestricted funds are given in the Statement of Financial Activities.

Restricted funds
These funds are where the donor has specified a purpose for the donation made. These restrictions often arise as a result of appeals for special offerings for specific purposes.

Designated funds
These funds are funds set aside by the trustees out of unrestricted general funds for particular purposes or projects.

Fixed Assets
Fixed Assets are capitalised if they can be used for more than one year and cost at least £1,500. They are valued at cost or, if gifted, at the value to the charity on receipt.

Depreciation Expense
Depreciation is calculated at a rate to write off the cost of tangible fixed assets over their estimated useful lives. The rates applied are as follows:

Fixtures, Fittings and Equipment	25% - Straight Line Basis

2. TANGIBLE FIXED ASSETS

The CIO held no fixed assets during this or the previous financial period.

The annual commitments under non-cancelling operating leases and capital commitments are as follows:

31st March 2022 : None
31st March 2021 : None

VOICES OF HOPE

(Charitable Incorporated Organisation)

NOTES TO THE FINANCIAL STATEMENTS (continued) FOR THE YEAR ENDED 31ST MARCH 2022

3. INCOMING RESOURCES

	Unrestricted Funds £	Restricted Funds £	**TOTAL 2021/22 £**	**TOTAL 2020/21 £**
a) Donations, Grants & Legacies				
Gift Aid Donations	13,500	-	13,500	18,225
Gift Aid Tax	20	1,271	1,291	4,396
Gifts & Donations	7,004	31,529	38,533	29,139
Grants Received	1,000	135,938	136,938	151,306
	21,524	**168,738**	**190,262**	**203,066**
b) Charitable Activities				
Choir Projects	-	6,937	6,937	3,861
Food Products	-	58,982	58,982	24,940
Campaign Income	-	272	272	-
Core Cost Recovery	21,763	5,760	27,523	-
	-			
	21,763	**71,951**	**93,714**	**28,801**
c) Investment Income				
Interest	1	-	1	4
	1	**-**	**1**	**4**
d) Activities for Generating Funds				
Fundraising Income	-	1,050	1,050	-
Attendance Fees	-	2,415	2,415	-
	-	**3,465**	**3,465**	**-**
e) Other Incoming Resources				
Intern Fees	-	-	-	3,150
Sundry Income	-	259	259	1,186
	-	**259**	**259**	**4,336**

VOICES OF HOPE

(Charitable Incorporated Organisation)

NOTES TO THE FINANCIAL STATEMENTS (continued) FOR THE YEAR ENDED 31ST MARCH 2022

4. RESOURCES EXPENDED

		Unrestricted Funds £	Restricted Funds £	TOTAL 2020/21 £	TOTAL 2020/21 £
a) Cost of Charitable Activities					
Administrative Expenses		-	-	-	3,258
Advertising & Publicity		105	749	854	851
Art & Craft Materials		27	1,459	1,486	214
Bank Charges		145	140	285	232
Cleaning Costs		116	96	212	160
Equipment Costs		91	3,172	3,263	3,141
Food Costs		249	56,784	57,033	41,586
Fundraising Costs		121	1,719	1,840	-
Gifts & Donations		2,803	18,784	21,587	48
Grants & Awards		14,618	5,459	20,077	-
Insurance Costs		601	-	601	365
Licenses & Subscriptions		892	157	1,049	953
Music Resources		-	82	82	72
Office Costs		96	704	800	447
Printing & Packaging		259	10,810	11,069	13,315
Rent & Rates		-	200	200	20
Repairs & Maintenance		21	-	21	35
Staff Costs		27,579	110,089	137,668	21,953
Sundry Expenses		19	59	78	786
Training Costs		229	65	294	-
Travel & Subsistence		20	5	25	709
Tuition Fees		993	-	993	7,359
Utility Costs		-	-	-	2,973
Volunteers Costs		825	-	825	1,884
Website Costs		30	421	451	1,107
		49,837	**210,954**	**260,791**	**101,468**
b) Governance Costs					
Independent Examiners Fees	**9**	850	-	850	520
Legal & Professional Fees		1,200	11,632	12,832	51,304
		2,050	**11,632**	**13,682**	**51,824**

5. RESTRICTED FUNDS

CURRENT FINANCIAL PERIOD

	Balance 01-Apr-21	Income	Expenditure	Transfers	Balance 31-Mar-22
	£	£	£	£	£
Active Breathing Course	(584)	21,481	17,103	-	3,794
Brite Box Fund	13,917	136,962	104,329	-	46,550
Choral Activities	(553)	9,277	6,328	-	2,396
Choral Activities - Whiteley Fund	1,746	-	-	-	1,746
Community Garden Fund	-	4,337	5,774	-	(1,437)
Food Charity Project	15,763	-	-	-	15,763
Food Hub	(3,730)	4,654	12,755	-	(11,831)
Food Trading Project	918	-	-	-	918
Good Food Co-Op Fund	30,775	34,184	58,449	-	6,510
Korean Food Hub	149	-	-	-	149
Sister Sanctuary	2,410	-	3,419	-	(1,009)
3D Youth Cooking Classes	-	10,218	6,338	-	3,880
DofE Trading Fund	-	2,250	2,594	-	(344)
Employability Fund	-	20,000	4,517	-	15,483
Women's Hub	-	1,050	980	-	70
	60,811	**244,413**	**222,586**	**-**	**82,638**

PREVIOUS FINANCIAL PERIOD

	Balance 20-Jan-20	Income	Expenditure	Transfers	Balance 31-Mar-21
	£	£	£	£	£
Active Breathing Course	-	50	634	-	(584)
Brite Box Fund	-	51,460	37,543	-	13,917
Choral Activities	-	4,961	5,514	-	(553)
Choral Activities - Whiteley Fund	-	5,480	3,734	-	1,746
Food Charity Project	-	15,768	5	-	15,763
Food Hub	-	40,037	43,767	-	(3,730)
Food Trading Project	-	918	-	-	918
Good Food Co-Op Fund	-	63,058	32,283	-	30,775
Korean Food Hub	-	14,115	13,966	-	149
Restricted Funds	-	63	63	-	-
Sister Sanctuary	-	3,000	590	-	2,410
	-	**198,910**	**138,099**	**-**	**60,811**

Restricted funds are wholly represented by the charity's cash reserves and are to be expended as specified above.

6. INVESTMENTS

The CIO held no fixed assets investments during this or the previous financial period.

7. CASH AT BANK AND IN HAND

	Unrestricted Fund £	Restricted Fund £	**Total 31-Mar-22 £**	**Total 31-Mar-21 £**
Cash at Bank & in Hand	10,206	86,190	96,397	86,892
	10,206	**86,190**	**96,397**	**86,892**

8. DEBTORS AND PREPAYMENTS

	Unrestricted Fund £	Restricted Fund £	**Total 31-Mar-22 £**	**Total 31-Mar-21 £**
Gift Aid Tax Recoverable	3,530	-	3,530	1,880
Sundry Debtors	13,740	10,032	23,772	-
	17,270	**10,032**	**27,302**	**1,880**

9. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	Unrestricted Fund £	Restricted Fund £	**Total 31-Mar-22 £**	**Total 31-Mar-21 £**
Deferred Income	4,968	13,584	18,552	-
Independent Examiners Fees	850	-	850	520
PAYE & N.I	4,332	-	4,332	806
Sundry Creditors	3,822	-	3,822	4,530
	13,972	**13,584**	**27,557**	**5,857**

10. CREDITORS: AMOUNTS FALLING DUE IN MORE THAN ONE YEAR

The CIO held no long term liabilities during this or the previous financial period.

11. NET ASSETS BETWEEN FUNDS

	Unrestricted Funds £	Restricted Funds £	**Total 31-Mar-22 £**	**Total 31-Mar-21 £**
Fixed Asset Investments	-	-	-	-
Net Current Assets	13,504	82,638	96,142	82,915
Long Term Liabilities	-	-	-	-
	13,504	**82,638**	**96,142**	**82,915**

12. STAFF COSTS AND NUMBERS

	TOTAL 2021/22 £	TOTAL 2020/21 £
Gross Wages, Salaries & Fees	124,675	20,109
Employer's National Insurance Costs	5,986	1,008
Pension Contributions	7,007	836
	137,668	**21,953**

Employees who were engaged in each of the following activities:

	TOTAL 2021/22	TOTAL 2020/21
Charitable Activities	7	3

The Charity operates a PAYE scheme to pay all members of employed staff and no employees received emoluments in excess of £60,000.

13. TRUSTEES AND OTHER RELATED PARTIES

The only payments made to the Trustees consisted of reimbursements of expenses incurred in furthering the Charity's objects and no direct benefits were received by the Trustees or any related parties during the financial period.

No other payments were made to trustees or any persons connected with them during this financial period. No material transaction took place between the organisation and a trustee or any person connected with them.

14. RISK ASSESSMENT

The Trustees actively review the major risks which the charity faces on a regular basis and believe that maintaining the free reserves stated, combined with the annual review of the controls over key financial systems carried out on an annual basis will provide sufficient resources in the event of adverse conditions. The Trustees have also examined other operational and business risks which they face and confirm that they have established systems to mitigate the significant risks.

15. RESERVES POLICY

The Trustees have considered the level of reserves they wish to retain, appropriate to the CIO's needs. This is based on the CIO's size and the level of financial commitments held. The Trustees aim to ensure the CIO will be able to continue to fulfil its charitable objectives even if there is a temporary shortfall in income or unexpected expenditure. The Trustees will endeavour not to set aside funds unnecessarily.

16. PUBLIC BENEFIT

The CIO acknowledges its requirement to demonstrate clearly that it must have charitable purposes or 'aims' that are for the public benefit. Details of how the CIO has achieved this are provided in the Trustees report. The Trustees confirm that they have paid due regard to the Charity Commission guidance on public benefit before deciding what activities the CIO should undertake

VOICES OF HOPE

(Charitable Incorporated Organisation)

INDEPENDENT EXAMINER'S REPORT ON THE ACCOUNTS

Report to the trustees/ members of Voices of Hope on the accounts for the year ended 31st March 2022 set out on pages 8 to 16.

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 of the Charities Act 2011 (the Charities Act) and that an independent examination is needed.

It is my responsibility to:

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

Basis of independent examiner's statement

My examination was carried out in accordance with 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 the 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 Charities Act; and
   - to prepare accounts which accord with the accounting records and comply with the accounting requirements of the Charities 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.

K. Collaku MAAT
Castle View Accounting Ltd
New Barn
Mudberry Lane
Bosham
Chichester
West Sussex
PO18 8TS

Date: 1st August 2022

VOICES OF HOPE

England & Wales - Charity number 1187454

Accounts

REPORTS AND FINANCIAL STATEMENTS FOR THE FIRST PERIOD ENDED 31ST MARCH 2021

VOICES OF HOPE

(Charitable Incorporated Organisation)

CHARITY REGISTRATION No: 1187454

Castle View Accounting Ltd
Old Printing House Square
Unit 16, Tarrant Street
Arundel
West Sussex
BN18 9JF

VOICES OF HOPE

(Charitable Incorporated Organisation)

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VOICES OF HOPE

(Charitable Incorporated Organisation)

LEGAL AND ADMINISTRATIVE INFORMATION

CHARITY NUMBER	1187454
DATE OF REGISTRATION	20th January 2020
START OF FINANCIAL PERIOD	20th January 2020
END OF FINANCIAL PERIOD	31st March 2021
TRUSTEES AT 31ST MARCH 2021	Keith Calder Elizabeth Batha Jeevan Mahesan (Appointed 10th August 2020) Keith Park (Resigned 29th October 2020) Geoffrey Napier-Ford (Resigned 7th July 2020)
LEGAL STATUS	Charitable Incorporated Organisation
GOVERNING INSTRUMENT	CIO - Foundation Registered 20th January 2020

OBJECTS

1. The relief of those in need by reason of youth, age, ill health, disability, financial hardship or other disadvantage, including social disadvantage. **2**. To advance education of the public in arts, in particular but not exclusively in the art of music, by the presentation of recitals, concerts and other activities as the Trustees shall decide.

CORRESPONDENCE ADDRESS	161A Clarence Street Kingston Upon Thames Surrey KT1 1QT
PRIMARY BANKERS	Metro Bank Plc 1 Southampton Row London WC1B 5HA
INDEPENDENT EXAMINERS	Castle View Accounting Ltd Old Printing House Square Unit 16, Tarrant Street Arundel West Sussex BN18 9JF

VOICES OF HOPE

(Charitable Incorporated Organisation)

TRUSTEES' REPORT
FOR THE FIRST PERIOD ENDED 31ST MARCH 2021

Summary of the Purposes

- The relief of those in need by reason of youth, age, ill-health, disability, financial hardship or other disadvantage, including social disadvantage.

- To advance education of the public in the arts, in particular but not exclusively in the art of music, by the presentation of recitals, concerts and other activities as the trustees shall decide.

Summary of the Main Activities

- Food Hub - preparation and delivery of food to those in need, including the elderly, ill, disabled and financially limited.

- Choral Activities - provision of musical education and opportunities to participate in concerts, together with social support and reintegration for those in need, including the vulnerable, elderly and those on low incomes.

- BRITE Box - provision of healthy meal kits (inclusive of food and illustrated recipes) to families in need to help build resilience through teaching cooking skills and providing healthy food free of charge.

- Active Breathing Course (ABC) - provision of courses composed of breathing and singing exercises to help improve breathing and lung function. People are referred or self-refer to the course. VoH works with GPs, social prescribers and LAs to take referrals from those struggling with long-Covid or other long-term respiratory conditions.

- The Good Food Co-op - a not-for-profit enterprise providing highly subsidised fruit and vegetables for those unable to afford healthy food. Food is acquired on a not-for-profit basis, packed by volunteers and subsidised by full paying customer purchases. VoH works with referral organisations such as Growbaby, CAP, Foodbank and Refugee Action to make sure it is reaching those most in need.

- Other - provision of regular community activities for those in need - including the socially disadvantaged, the vulnerable, those suffering financial hardship, mental and / or physical ill-health and / or disability and young people at risk socially or at risk of exploitation - with provision of support and opportunity to engage with other support services.

The trustees of VoH have paid due regard to the Charity Commission guidance on public benefit in deciding the activities that the organisation undertook during the year.

Contribution made by Volunteers

The Trustees and Director of VoH would like to record their sincere appreciation to the many volunteers who have helped during the year. Volunteers have given their time to help in many different ways such as catering, hospitality, sound & PA, administration and food distribution. This has been especially true in responding to the needs caused by the pandemic.

Summary of the Main Achievements

In March 2020, as the pandemic struck, VoH partnered with Kingston Borough Council and Kingston Voluntary Action to help those in need at a time when other support services were being reduced or were not available. A summary of what was achieved is given below:

The Kingston Aid Food Hub

Activities:

- Secured suitable premises for food storage, preparation and cooking.
- Partnered with Kingston Council & integrated with their borough-wide triaging process.
- In addition to taking council referrals, accepted referrals from local charity sector groups.
- Developed low cost / free food supply chains.
- Mobilised a 100-strong team of non-shielded volunteers.
- Set up and opened a fully functioning food preparation and delivery service from week one.
- Delivered over 30,000 meals to date.

The Kingston Food Hub has made, and continues to make a huge difference to members of the community who have been most affected by the pandemic. Over 450 individuals have been provided with meals on a daily basis. In addition, food has been donated to local charities. The homeless have also been provided with a hot meal each day of lockdown, and had their laundry done on a weekly basis.

VoH would like to record its huge appreciation for the charities, businesses and the council who have partnered and supported it in making such a difference to the local community during this difficult time.

The BRITE Box Project
Having been in discussions about food insecurity and food hunger clubs with Kingston Council and Achieving for Children, VoH came up with the idea of the Brite Box - Building Resilience In Today's Environment. The boxes are provided to vulnerable families across Richmond and Kingston. The weekly Family Meal Brite Box has all the ingredients for a recipe, together with a printed recipe guide with photos illustrating step by step how to cook a healthy meal together as a family. Once a month families also receive an extra Baking Brite Box. Through our partnership with Achieving for Children, and together with local charities (Growbaby, Man & Boy, Anstee Bridge, Kingston Carers, CiC Balance, AFC youth plus others), VoH has been delivering 280 healthy meal recipe kits to vulnerable families.

The Good Food Co-op
The Good Food Co-op is making the provision of healthy food accessible to those in need by providing highly subsidised fruit and vegetable boxes. From November 2020, VoH has run a weekly pre-order veg and fruit box system, where those unable to afford healthy food can place orders at less than a third of the standard price for such a box. The produce is sustainable, seasonal, spray-free and ethically sourced. It is acquired on a not-for-profit basis, packed by volunteers and subsidised by full paying customer purchases. Referrals are initially being taken from Foodbank, Growbaby, CAP and Refugee Action - and it is expected that the number of agencies will increase with the growth of the Co-op. Those referred to The Good Food Co-op are already actively engaging with advocacy provided by the referral agency to address underlying financial drivers. Free bonus bags of surplus products from the Foodbank are also given alongside the purchase of the subsidised fruit and veg box.

The Active Breathing Course
The Active Breathing Course is designed for those whose breathing is impaired after suffering Covid pneumonia or other long term respiratory conditions. Its purpose is to restore, improve and strengthen lung capacity to build resilience and increase fitness.

With the severity of Covid pneumonia, many people are facing a long recovery process that is unfamiliar to them. Activities such as walking any distance or engaging with even beginner physical activity classes is not in reach because of the impact of Covid pneumonia on the lungs. Given our previous experience of, and knowledge relating to, running elderly choirs that have a significant focus on helping to restore and strengthens lungs, VoH has written the Active Breathing Course (ABC), a six week course to specifically help people to recover from the impact of Covid and other respiratory conditions. ABC has four main teaching blocks each week: Diaphragmatic Breathing, Strength Building by Resistance, Singing for Life, and Creativity and Recovery.

Musical Activities
VoH has sought to provide musical education, support, social reintegration and opportunities to participate in concerts for those in need, including the elderly, unwell and those on low incomes. It has done this by establishing the following groups:

- Sisterhood Choir - providing musical education and opportunities and social support for women who have experienced domestic violence, abuse or long term physical and / or mental health issues.

- Streetwise Choir - providing social support and musical education and opportunities for those struggling with housing issues or mental health.

- Sisterhood Sanctuary - providing regular community activities for those in need - including the socially disadvantaged, the vulnerable and those suffering financial hardship, mental and / or physical ill-health and / or disability - with provision of support and opportunity to engage with other support services.

- King's Kids Choir - providing children with musical education; presenting concerts.

- Five choirs for the elderly / those with dementia - at Raleigh Staywell Centre, Coxhill Manor, Galsworthy House, Whiteley Village, Sherwood Grange - providing musical education and opportunities to perform in concerts for the elderly, unwell and mentally disadvantaged, promoting greater mental and physical well-being.

- St Richard's Community Choir - providing education in music.

As a result of all of these activities, participants and beneficiaries have experienced greater physical and mental well-being, overcome social disadvantage, received education in music and participated in concerts as performers or audience members.

Financial Review
In 2020-21 the organisation had a total income of £236,207 with a net surplus of £82,915. As at 31 March 2021, its net current assets were £82,915 which included a cash balance (deposited and undeposited) of £86,892.

Reserves Policy
The organisation has a reserves policy with an understanding that cash reserves of £18,000 be held at any given time.

Trustees' Responsibilities
The Charities Act 2011 requires the trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the CIO and of the surplus of the CIO for that period. In preparing those financial statements the trustees are required to:

- Select suitable accounting policies and apply them consistently
- Make judgements and estimates that are reasonable and prudent
- Prepare financial statements on the going concern basis unless it is inappropriate to presume that the trust will continue in existence.

The trustees are responsible for keeping proper accounting records, which disclose with reasonable accuracy at any time the financial position of the CIO. They are also responsible for safeguarding the assets of the CIO and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Approved by the Trustees on 26 May 2021

Signed on their behalf by Trustee .....

Printed Name: Jeevan Mahesan

VOICES OF HOPE

(Charitable Incorporated Organisation)

STATEMENT OF FINANCIAL ACTIVITIES
FOR THE FIRST PERIOD ENDED 31ST MARCH 2021

	Notes	Unrestricted Funds £	Restricted Funds £	TOTAL 2020/21 £
INCOMING RESOURCES				
Incoming Resources from Generated Funds				
Donations, Grants & Legacies	3a	32,739	170,327	203,066
Charitable Activities	3b	418	28,383	28,801
Investment Income	3c	4	-	4
Other Incoming Resources	3d	4,136	200	4,336
TOTAL INCOMING RESOURCES		**37,297**	**198,910**	**236,207**
RESOURCES EXPENDED				
Costs of Generating Funds				
Cost of Charitable Activities	4a	11,495	89,973	101,468
Governance Costs	4b	3,698	48,126	51,824
TOTAL RESOURCES EXPENDED		**15,193**	**138,099**	**153,293**
NET INCOMING (OUTGOING) RESOURCES		**22,104**	**60,811**	**82,915**
Funds Brought Forward		-	-	-
TOTAL FUNDS CARRIED FORWARD		**22,104**	**60,811**	**82,915**

Movements on all reserves and all recognised gains and losses are shown above. All of the organisation's operations are classed as continuing.

The notes on pages 9 to 15 form part of these financial statements.

VOICES OF HOPE

(Charitable Incorporated Organisation)

BALANCE SHEET
AS AT 31ST MARCH 2021

	Note	Unrestricted Funds £	Restricted Funds £	Total 31-Mar-21 £
Fixed Assets				
Tangible Assets	2	-	-	-
Investments	6	-	-	-
Total Fixed Assets		-	-	-
Current Assets				
Debtors & Prepayments	8	1,880	-	1,880
Cash at Bank and in Hand	7	26,081	60,811	86,892
Total Current Assets		**27,961**	**60,811**	**88,772**
Creditors: Amounts falling due within one year	9	5,857	-	5,857
NET CURRENT ASSETS		22,104	60,811	82,915
TOTAL ASSETS less current liabilities		**22,104**	**60,811**	**82,915**
Creditors: Amounts falling due in more than one year	10	-	-	-
NET ASSETS		**22,104**	**60,811**	**82,915**
Funds of the Charity				
General Funds		22,104	-	22,104
Restricted Funds	5	-	60,811	60,811
Total Funds		**22,104**	**60,811**	**82,915**

Approved by the Trustees on 26 May 2021

Signed on their behalf by Trustee .....

Printed Name: Jeevan Mahesan

VOICES OF HOPE

(Charitable Incorporated Organisation)

NOTES TO THE FINANCIAL STATEMENTS FOR THE FIRST PERIOD ENDED 31ST MARCH 2021

1. ACCOUNTING POLICIES

Basis of Preparation & Assessment of Going Concern

Basis of Preparation

The financial statements have been prepared under the historical cost convention with items recognised at cost or transaction value unless otherwise stated in the relevant notes. The financial statements have been prepared in accordance with the Statement of Recommended Practice: Accounting and Reporting by Charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS102) (effective 1 January 2015) - (Charities SORP - FRS102) and the Charities Act 2011.

The Charity meets the definition of a public benefit entity under FRS102. Assets and liabilities are initially recognised at historical cost unless otherwise stated in the relevant accounting policy notes.

Assessment of Going Concern

Preparation of the accounts is on a going concern basis. The trustees consider that there are no material uncertainties about the Charity's ability to continue as a going concern.

Incoming Resources

Recognition of Incoming Resources

These are included in the Statement of Financial Activities (SOFA) when:

- the charity becomes entitled to the resources;
- the trustees are virtually certain they will receive the resources; and
- the monetary value can be measured with sufficient reliability

Incoming Resources with Related Expenditure

Where incoming resources have related expenditure (as with fundraising or contract income) the incoming resource and related expenditure are reported gross in the SOFA.

Grants and Donations

Grants and Donations are only included in the SOFA when the charity has unconditional entitlement to the resources.

Tax Reclaims on Donations and Gifts

Incoming resources from tax reclaims are included in the SOFA at the same time as the gift to which they relate.

Contractual Income and Performance Related Grants

This is only included in the SOFA once the related goods or services have been delivered.

Gifts in Kind

Gifts in kind are accounted for at a reasonable estimate of their value to the charity or the amount actually realised. Gifts in kind for sale or distribution are included in the accounts as gifts only when sold or distributed by the charity. Gifts in kind for use by the charity are included in the SOFA as incoming resources when receivable.

Donated Services and Facilities

These are only included in incoming resources (with an equivalent amount in resources expended) where the benefit to the charity is reasonably quantifiable, measurable and material. The value placed on these resources is the estimated value to the charity of the service or facility received.

Volunteer Help

The value of any voluntary help received is not included in the accounts.

Investment Income

This is included in the accounts when receivable.

Investment Gains and Losses

This included any gain or loss on the sale of investments and any gain or loss resulting from revaluing investments to market value at the end of the year.

1. ACCOUNTING POLICIES (continued)

Expenditure and Liabilities

Liability Recognition
Liabilities are recognised as soon as there is a legal or constructive obligation committing the charity to pay out resources.

Governance Costs
Include costs of the preparation and examination of statutory accounts, the costs of the trustees meetings and cost of any legal advice to trustees on governance or constitutional matters.

Grants with Performance Conditions
Where the charity gives a grant with conditions for its payment being a specific level of service or output to be provided, such grants are only recognised in the SOFA once the recipient of the grant has provided the specified service or output.

Grants Payable without Performance Conditions
These are only recognised in the accounts when a commitment has been made and there are no conditions to be met relating to a grant which remain in control of the charity.

Investments
Investments quoted on a recognised stock exchange are valued at market value at the year end. Other investment assets are included at trustees' best estimate of market value.

Unrestricted funds
These funds can be used for the general objectives of the charity as set out in the trustees report. The movements of the unrestricted funds are given in the Statement of Financial Activities.

Restricted funds
These funds are where the donor has specified a purpose for the donation made. These restrictions often arise as a result of appeals for special offerings for specific purposes.

Designated funds
These funds are funds set aside by the trustees out of unrestricted general funds for particular purposes or projects.

Fixed Assets
Fixed Assets are capitalised if they can be used for more than one year and cost at least £1,500. They are valued at cost or, if gifted, at the value to the charity on receipt.

Depreciation Expense
Depreciation is calculated at a rate to write off the cost of tangible fixed assets over their estimated useful lives. The rates applied are as follows:

Fixtures, Fittings and Equipment	25% - Straight Line Basis

2. TANGIBLE FIXED ASSETS

The CIO held no fixed assets during this initial financial period.

The annual commitments under non-cancelling operating leases and capital commitments are as follows:

31st March 2021 : None

3. INCOMING RESOURCES

	Unrestricted Funds £	Restricted Funds £	TOTAL 2020/21 £
a) Donations, Grants & Legacies			
Gift Aid Donations	15,333	2,893	18,225
Gift Aid Tax	4,396	-	4,396
Gifts & Donations	12,721	16,418	29,139
Grants Received	290	151,016	151,306
	32,739	**170,327**	**203,066**
b) Charitable Activities			
Choir Projects	-	3,861	3,861
Food Products	418	24,522	24,940
	418	**28,383**	**28,801**
c) Investment Income			
Interest	4	-	4
	4	**-**	**4**
d) Other Incoming Resources			
Intern Fees	3,150	-	3,150
Sundry Income	986	200	1,186
	4,136	**200**	**4,336**

4. RESOURCES EXPENDED

		Unrestricted Funds £	Restricted Funds £	TOTAL 2020/21 £
a) Cost of Charitable Activities				
Administrative Expenses		-	3,258	3,258
Advertising & Publicity		169	682	851
Art & Craft Materials		-	214	214
Bank Charges		132	100	232
Cleaning Costs		-	160	160
Equipment Costs		753	2,388	3,141
Food Costs		-	41,586	41,586
Gifts & Donations		43	5	48
Insurance Costs		365	-	365
Licenses & Subscriptions		912	41	953
Music Resources		-	72	72
Office Costs		160	287	447
Printing & Packaging		673	12,642	13,315
Rent & Rates		-	20	20
Repairs & Maintenance		20	15	35
Staff Costs		6,273	15,680	21,953
Sundry Expenses		116	670	786
Travel & Subsistence		613	96	709
Tutor Fees		-	7,359	7,359
Utility Costs		-	2,973	2,973
Volunteers Costs		159	1,725	1,884
Website Costs		1,107	-	1,107
		11,495	**89,973**	**101,468**
b) Governance Costs				
Independent Examiners Fees	**9**	520	-	520
Legal & Professional Fees		3,178	48,126	51,304
		3,698	**48,126**	**51,824**

NOTES TO THE FINANCIAL STATEMENTS (continued)
FOR THE FIRST PERIOD ENDED 31ST MARCH 2021

5. RESTRICTED FUNDS

	Balance 20-Jan-20 £	Income £	Expenditure £	Transfers £	Balance 31-Mar-21 £
Active Breathing Course	-	50	634	-	(584)
Brite Box Fund	-	51,460	37,543	-	13,917
Choral Activities	-	4,961	5,514	-	(553)
Choral Activities - Whiteley Fund	-	5,480	3,734	-	1,746
Food Charity Project	-	15,768	5	-	15,763
Food Hub	-	40,037	43,767	-	(3,730)
Food Trading Project	-	918	-	-	918
Good Food Co-Op Fund	-	63,058	32,283	-	30,775
Korean Food Hub	-	14,115	13,966	-	149
Restricted Funds	-	63	63	-	-
Sister Sanctuary	-	3,000	590	-	2,410
	-	**198,910**	**138,099**	**-**	**60,811**

Restricted funds are wholly represented by the charity's cash reserves and are to be expended as specified above.

6. INVESTMENTS

The CIO held no fixed assets investments during this initial financial period.

7. CASH AT BANK AND IN HAND

	Unrestricted Fund £	Restricted Fund £	**Total 31-Mar-21 £**
Cash at Bank & in Hand	26,081	60,811	86,892
	26,081	**60,811**	**86,892**

8. DEBTORS AND PREPAYMENTS

	Unrestricted Fund £	Restricted Fund £	**Total 31-Mar-21 £**
Gift Aid Tax Recoverable	1,880	-	1,880
	1,880	**-**	**1,880**

9. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	Unrestricted Fund £	Restricted Fund £	**Total 31-Mar-21 £**
Sundry Creditors	4,530	-	4,530
PAYE & N.I	806	-	806
Independent Examiners Fees	520	-	520
	5,857	**-**	**5,857**

10. CREDITORS: AMOUNTS FALLING DUE IN MORE THAN ONE YEAR

The CIO held no long term liabilities during this initial financial period.

11. STAFF COSTS AND NUMBERS

	TOTAL 2020/21 £
Gross Wages, Salaries & Fees	20,109
Employer's National Insurance Costs	1,008
Pension Contributions	836
	21,953

Employees who were engaged in each of the following activities:

	TOTAL 2020/21
Charitable Activities	3

The Charity operates a PAYE scheme to pay all members of employed staff and no employees received emoluments in excess of £60,000.

12. TRUSTEES AND OTHER RELATED PARTIES

The only payments made to the Trustees consisted of reimbursements of expenses incurred in furthering the Charity's objects and no direct benefits were received by the Trustees or any related parties during the financial period.

No other payments were made to trustees or any persons connected with them during this financial period. No material transaction took place between the organisation and a trustee or any person connected with them.

13. RISK ASSESSMENT

The Trustees actively review the major risks which the charity faces on a regular basis and believe that maintaining the free reserves stated, combined with the annual review of the controls over key financial systems carried out on an annual basis will provide sufficient resources in the event of adverse conditions. The Trustees have also examined other operational and business risks which they face and confirm that they have established systems to mitigate the significant risks.

14. RESERVES POLICY

The Trustees have considered the level of reserves they wish to retain, appropriate to the CIO's needs. This is based on the CIO's size and the level of financial commitments held. The Trustees aim to ensure the CIO will be able to continue to fulfil its charitable objectives even if there is a temporary shortfall in income or unexpected expenditure. The Trustees will endeavour not to set aside funds unnecessarily.

15. PUBLIC BENEFIT

The CIO acknowledges its requirement to demonstrate clearly that it must have charitable purposes or 'aims' that are for the public benefit. Details of how the CIO has achieved this are provided in the Trustees report. The Trustees confirm that they have paid due regard to the Charity Commission guidance on public benefit before deciding what activities the CIO should undertake

16. COMPARATIVE FIGURES

There are no comparative figures available as this is the initial period of registered Incorporated Charitable Activity

VOICES OF HOPE

(Charitable Incorporated Organisation)

INDEPENDENT EXAMINER'S REPORT ON THE ACCOUNTS

Report to the trustees/ members of Voices of Hope on the accounts for the first period ended 31st March 2021 set out on pages 8 to 15.

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 of the Charities Act 2011 (the Charities Act) and that an independent examination is needed.

It is my responsibility to:

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

Basis of independent examiner's statement

My examination was carried out in accordance with 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 the 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 Charities Act; and
   - to prepare accounts which accord with the accounting records and comply with the accounting requirements of the Charities 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.

W.M Hall LLB
Castle View Accounting Ltd
Old Printing House Square
Unit 16, Tarrant Street
Arundel
West Sussex
BN18 9JF

Date: 2nd June 2021