

HELPING CARING TEAM

England & Wales · Charity number 1189021

Details

Other names HCT

Status Registered

Legal form Other

Registered 2020-04-14

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

Contact

Address Hct
28 Bridge Street
Blackwood
Caerphilly
NP12 1AX

Phone 07507630014

Email HCTEAM2023@OUTLOOK.COM

Website <https://hcteam.cymru>

Activities

Objects: FOR THE PUBLIC BENEFIT FOR THE RELIEF OF THE SUFFERING OF VULNERABLE AND HOMELESS PEOPLE OF NEWPORT AND SOUTH EAST WALES. BY PROVIDING AN OUTREACH SERVICE THAT SUPPLIES FOOD, ESSENTIAL ITEMS, FUNDING FOR EMERGENCY ACCOMMODATION AND AN ADVOCACY SERVICE TO HELP WITH ACCESS TO SERVICES AND AGENCIES THAT CAN IMPROVE THEIR LIVES.

Activities: Supporting the homeless and vulnerable Fundraising

Classification

- **How:** Provides Services, Provides Advocacy/advice/information
- **What:** The Prevention Or Relief Of Poverty
- **Who:** Children/young People, Elderly/old People, People With Disabilities, The General Public/mankind

Geography

- Caerphilly
- Newport City

Finances

Period end	Income	Expenditure	Assets	Employees
2025-06-30	£89,387	£91,152	-	-
2024-06-30	£70,100	£69,391	-	-
2023-06-30	£76,558	£70,191	-	-
2022-06-30	£57,950	£55,319	-	-
2021-06-30	£41,922	£31,777	-	-

Trustees

Name	Role	Appointed
Hayley Thomas		2026-01-01
Jade West		2025-09-05
Sue Janet Evans		2023-11-13
suzanne munkley		2023-11-13

HELPING CARING TEAM

England & Wales - Charity number 1189021

Accounts

pink pantry sundries - 13	640			640	1,075
computer equipment/software - 14	275			275	282
pink pantry rent - 15		4,800		4,800	5,200
pink pantry utilities -16	728	3,066		3,794	2,841
pink boutique rent - 17		4,200		4,200	3,900
pink boutique utilities - 18	286	113		399	168
outreach expenses -27	929			929	-
lunch club (warm space) - 25		6,145		6,145	-
youth club - 19		5,280		5,280	4,271
courses - 28		5,195		5,195	2,016
excursions - 20	10,646			10,646	-
storage - xmas scheme - rent - 21	300			300	3,660
xmas scheme kids - 22	992		-	992	600
xmas scheme outreach - 30	380		-	380	478
NEW VAN	5,000		-	5,000	130
banking error (see income)	267	-	-	267	-
cash		-	-	-	50
		-	-	-	-
		-	-	-	-
		-	-	-	-
Sub total	54,560	36,593	-	91,152	69,391

A4 Asset and investment purchases, (see table)					
	-	-	-	-	
	-	-	-	-	
Sub total	-	-	-	-	-

Total payments	54,560	36,593	-	91,152	69,391
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Net of receipts/(payments)	- 8,121	6,356	-	- 1,765	709
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	-	-	-	-	-
Cash funds this year end	- 8,121	6,356	-	- 1,765	709

Section B Statement of assets and liabilities at the end of the period

	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B1 Cash funds			
	- 8,121	6,356	-
	-	-	-
	-	-	-
Total cash funds	- 8,121	6,356	-

(agree balances with receipts and payments account(s))

	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B2 Other monetary assets			
	-	-	-
	-	-	-
	-	-	-
	-	-	-
	-	-	-
	-	-	-

	Fund to which asset belongs	Cost (optional)	Current value (optional)
B3 Investment assets			
		-	-
		-	-
		-	-
		-	-

		-	-
		-	-

B4 Assets retained for the charity's own use

	Fund to which asset belongs	Cost (optional)	Current value (optional)
		-	-
		-	-
		-	-
		-	-
		-	-
		-	-
		-	-
		-	-
		-	-
		-	-

B5 Liabilities

	Fund to which liability relates	Amount due (optional)	When due (optional)
		-	
		-	
		-	
		-	
		-	

Signed by one or two trustees on behalf of all the trustees

Signature	Print Name	Date of approval
<i>S. Munkley</i>	Suzanne Munkley	10/3/26.



Section A Independent Examiner's Report

Report to the trustees	Helping Caring Team		
On accounts for the year ended	30 th June 2025	Charity no (if any)	1189021
	Set out on pages 1 of 2		

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended 30/06/2025.

Responsibilities and basis of report

As the charity's trustees, you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ("the Act").

I report in respect of my examination of the Trust's accounts carried out under section 145 of the 2011 Act and in carrying out my examination, I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

Independent examiner's statement

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination (~~other than that disclosed below~~*)-which gives me cause to believe that in, any material respect:

- the accounting records were not kept in accordance with section 130 of the Charities Act; or
- the accounts did not accord with the accounting records; or
- the accounts did not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a 'true and fair' view which is not a matter considered as part of an independent examination.

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

* Please delete the words in the brackets if they do not apply.

Signed:  **Date:** 24.3.26.

Name: BETHAN WATERS

Relevant professional qualification(s) or body (if any): F.C.A
ICAEW

Address: 221 HIGH ST, BLACKWOOD
NP12 1AL



Trustees' Annual Report for the period

From **01/07/24** Period start date To **30/06/25** Period end date

Charity name: **Helping Caring Team**

Charity registration number: **1189021**

Objectives and Activities

	SORP reference	
Summary of the purposes of the charity as set out in its governing document	Para 1.17	For the public benefit for the relief of the suffering of vulnerable and homeless people of Newport and South East Wales. By providing an outreach service and a food bank that supplies food, essential items, funding for emergency accommodation and an advocacy service to help with access to services and agencies that can improve their wellbeing.
Summary of the main activities in relation to those purposes for the public benefit, in particular, the activities, projects or services identified in the accounts.	Para 1.17 and 1.19	Providing humanitarian aid in the form of food, food bank, baby bank, clothes tents and sleeping bags, toiletries and items required when transitioning to accommodation. Providing food parcels by delivery to those in need. Providing advocacy to help to improve lives.
Statement confirming whether the trustees have had regard to the guidance issued by the Charity Commission on public benefit	Para 1.18	HCT work with regard to the guidance published by the Charity Commission on public benefit.

Additional information (optional)

You may choose to include further statements where relevant about:

	SORP reference	
Policy on grant making	Para 1.38	N/A
Policy on social investment including program related investment	Para 1.38	N/A
	Para 1.38	All the activities of HCT are carried out by 20 volunteers who commit between 4 to 30 hours per week. These activities

Contribution made by volunteers		include collecting and redistributing food from our food bank and other essential items to vulnerable people across Gwent. Running an outreach service to street homeless and those housed in temporary accommodation in the local area and Newport City Centre. Collaborating with our partners and sponsors. Co-ordinating fundraising activities, including grant applications. Managing the charity's social media and website interests. All governance, compliance and accounting functions.
Other		

Achievements and Performance

	SORP reference	
<p>Summary of the main achievements of the charity, identifying the difference the charity's work has made to the circumstances of its beneficiaries and any wider benefits to society as a whole.</p>	<p>Para 1.20</p>	<p>HCT has provided 50-80 hot meals to the vulnerable on a weekly basis, 25-50 food parcels weekly, sleeping bags, tents, clothes, shoes and other items. HCT has funded microwaves, kettles, toasters and items of bedding to those moving into more permanent accommodation. HCT has advocated for numerous people to help them secure the medical, housing and benefit help they require, we have an established food, pet and baby bank, that opens day time to meet the needs of working people in poverty. We have delivered food parcels to those to whom a food bank is not accessible. We have a lunch club (warm space) at our food bank and a youth group. We run trips for children and families to places like Folly Farm the pantomime at Christmas. We collaborate with the local council, social services, housing authorities and other charities to advocate and help to improve the lives of our beneficiaries. We have organised a Xmas present scheme and made sure the children of over 100 families in poverty had gifts this Christmas. We now have a community group with access to development for social skills self-confidence and learning to make new friends and combat loneliness. This has proved extremely beneficial for homeless people transitioning into temporary accommodation. Also, for people new to the area who struggle with loneliness.</p>

		<p>With funding we have been able to provide various courses for our clients to learn new skills, these have included cookery, woodwork, wreath and floral making classes.</p>
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Additional information (optional)

You may choose to include further statements where relevant about:

Achievements against objectives set	Para 1.41	<p>Apart from our standard objective of delivering aid to those in need in South East Wales.</p> <p>We have received funding for courses for our clients and have acquired a minibus to enable HCT to take our clients who do not have access to transport.</p>
Performance of fundraising activities against objectives set	Para 1.41	<p>Fundraising is stable and ongoing. HCT has continued with clothes recycling and operating a small society lottery. HCT continues to attract private donations and grant funding. HCT has a charity shop, all takings provide food for the HCT pantry. We are fortunate enough to have funding in place for the next year from the National Lottery which funds all our overheads and our Youth Club costs.</p>
Investment performance against objectives	Para 1.41	<p>N/A</p>
Other		

Financial Review

Review of the charity's financial position at the end of the period	Para 1.21	The charity is in a financially stable position and I see no reason why this should change.
Statement explaining the policy for holding reserves stating why they are held	Para 1.22	The only reserves held are those that are restricted and pertain to grant funding received and private donations with a restricted purpose
Amount of reserves held	Para 1.22	£6356
Reasons for holding zero reserves	Para 1.22	n/a
Details of fund materially in deficit	Para 1.24	n/a
Explanation of any uncertainties about the charity continuing as a going concern	Para 1.23n	n/a

Additional information (optional)

You may choose to include further statements where relevant about:

The charity's principal sources of funds (including any fundraising)	Para 1.47	HCT has five principal sources of funding. Grant Funding (£42,949), Private donations (£14,809) weekly small society lottery (£8,561) clothes recycling (£3,485) Pink Boutique (£11,946)
Investment policy and objectives including any social investment policy adopted	Para 1.46	HCT does not have an investment policy.
A description of the principal risks facing the charity	Para 1.46	Inability to attract funding to fund everyday running costs. Most grant funding bodies fund capital costs not everyday revenue costs. We have one year's funding left in place from the lottery to cover next year's overheads.
Other		

Structure, Governance and Management

Description of charity's trusts:		n/a
Type of governing document	Para 1.25	Constitution
How is the charity constituted?	Para 1.25	Unincorporated association
Trustee selection methods including details of any constitutional provisions e.g. election to post or name of any person or body entitled to appoint one or more trustees	Para 1.25	Election to post annually

Additional information (optional)

You may choose to include further statements where relevant about:

Policies and procedures adopted for the induction and training of trustees	Para 1.51	HCT follow the charity commission guidance (CC3)
The charity's organisational structure and any wider network with which the charity works	Para 1.51	Trustees undertake strategic and key accounting decisions along with personnel decisions. With respect to policies and procedures held by the charity. Day to day operational decisions is undertaken by key volunteers under the guidance of the trustees.
Relationship with any related parties	Para 1.51	HCT has working relationships with local authorities with respect to improving the lives of our beneficiaries. With local businesses such as supermarkets and other food outlets and with other local charities to ensure efficiency in our objectives.
Other		

Reference and Administrative details

Charity name	Helping Caring Team
Other name the charity uses	HCT
Registered charity number	1189021
Charity's principal address	28 Bridge Street, Blackwood, Caerphilly NP12 1AX

Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	Hayley Thomas	Chair		
2	Susan Evans	Treasurer		
3	Suzanne Munkley	Secretary		
4				
5				
6				
7				
8				
9				
10				
11				
12				
13				
14				
15				
16				
17				
18				
19				
20				

Corporate trustees – names of the directors at the date the report was approved

Director name		

Name of trustees holding title to property belonging to the charity

Trustee name	Dates acted if not for whole year	

Funds held as custodian trustees on behalf of others

Description of the assets held in this capacity	
Name and objects of the charity on whose behalf the assets are held and how this falls within the custodian charity's objects	
Details of arrangements for safe custody and segregation of such assets from the charity's own assets	

Additional information (optional)

Names and addresses of advisers (Optional information)

Type of adviser	Name	Address
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Name of chief executive or names of senior staff members (Optional information)

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Exemptions from disclosure

Reason for non-disclosure of key personnel details

--

Other optional information

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Declarations

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

Signature(s)	B. Munkley	
Full name(s)	Buzanne L. MUNKLEY	
Position (e.g. Secretary, Chair, etc)	Secretary	
Date	26/3/26	

HELPING CARING TEAM

England & Wales - Charity number 1189021

Accounts



Receipts and payments accounts

CC16a

For the period from	1st July 2023	To	30th June 2024
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Section A Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
A1 Receipts					
donations	17,387	-	-	17,387	20,604
bonus ball	11,618	-	-	11,618	7,121
equipment	-	-	-	-	586
stationary	-	-	-	-	-
fuel	-	-	-	-	-
transport	975	-	-	975	150
misc	184	-	-	184	836
food	168	625	-	793	102
events/fundraisers	171	-	-	171	3,049
clothes	3,147	-	-	3,147	4,899
raffles	185	-	-	185	3,626
grants	-	24,814	-	24,814	34,860
accomodation	45	-	-	45	-
training	-	-	-	-	-
storage	-	-	-	-	-
insurance	512	-	-	512	-
household/furnishing	-	-	-	-	-
household/soft furnishing	-	-	-	-	-
mobile phone	-	-	-	-	-
donations for sleeping bags	-	-	-	-	-
toiletries	-	-	-	-	-
pink pantry sundries	-	-	-	-	-
computer equipment/software	-	-	-	-	-
pink pantry rent	400	-	-	400	-
pink pantry utilities	-	-	-	-	-
pink boutique rent	-	-	-	-	-
pink boutique utilities	-	-	-	-	-
starter packs	-	-	-	-	-
heat packs	-	-	-	-	-
warm spaces	-	-	-	-	-
youth club	-	-	-	-	-
mens group	-	-	-	-	-
excursions	1,120	-	-	1,120	725
storage - xmas scheme - rent	-	-	-	-	-
pink boutique charity shop	8,749	-	-	8,749	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total (Gross income for AR)	44,661	25,439	-	70,100	76,558
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	44,661	25,439	-	70,100	76,558

A3 Payments

donations	-	-	-	-	-
bonus ball	2,999	-	-	2,999	2,454
equipment	-	-	-	-	4,701
stationary	289	-	-	289	103
fuel	1,824	-	-	1,824	3,395
van running costs (garage)	2,095	-	-	2,095	5,210
misc	2,203	-	-	2,203	3,770
food	8,981	11,962	-	20,943	15,875
events/fundraisers	711	620	-	1,331	1,296
clothes	2,131	-	-	2,131	992
raffles	-	-	-	-	867
XXX R1 accounts (SS)	-	-	-	-	10/03/2025

grants		-		-	-
accomodation	3,040	-		3,040	1,311
training		-		-	
storage		-		-	
insurance/licences	2,623	-		2,623	291
household/electrical	290	-		290	966
household/furnishing	-	-		-	227
household/soft furnishing		-		-	
mobile phone	506	-		506	2,110
donations for sleeping bags		-		-	
pink confidential room costs	446	4,000		4,446	210
pink pantry sundries	1,075	-		1,075	146
computer equipment/software	282	-		282	90
pink pantry rent	4,800	400		5,200	4,668
pink pantry utilities	2,679	162		2,841	1,949
pink boutique rent	3,550	350		3,900	
pink boutique utilities	153	15		168	
starter packs		-		-	2,412
heat packs		-		-	10,106
warm spaces		4,271		4,271	2,293
youth club	1,536	480		2,016	4,367
mens group				-	131
excursions	3,660			3,660	250
storage - xmas scheme - rent	600	-	-	600	-
xmas scheme	478	-	-	478	-
waste removal	130	-	-	130	-
				-	-
cash withdrawals	50	-	-	50	-
		-	-	-	-
		-	-	-	-
		-	-	-	-
		-	-	-	-
Sub total	47,131	22,260	-	69,391	70,190

A4 Asset and investment purchases. (see table)					
	-	-	-	-	
	-	-	-	-	
Sub total	-	-	-	-	-

Total payments	47,131	22,260	-	69,391	70,190
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Net of receipts/(payments)	- 2,470	3,179	-	709	6,368
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	-	-	-	-	-
Cash funds this year end	- 2,470	3,179	-	709	6,368

Section B Statement of assets and liabilities at the end of the period

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B1 Cash funds		- 2,470	3,179	-
		-	-	-
		-	-	-
	Total cash funds	- 2,470	3,179	-

(agree balances with receipts and payments account(s))

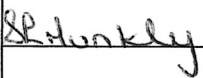
Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B2 Other monetary assets		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-

Categories	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B3 Investment assets			-	-
			-	-
			-	-
			-	-
			-	-

Categories	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B4 Assets retained for the charity's own use			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-

Categories	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
B5 Liabilities			-	
			-	
			-	
			-	
			-	

Signed by one or two trustees on behalf of all the trustees

Signature	Print Name	Date of approval
	S.L. MUNKLEY	10/3/23



Section A

Independent Examiner's Report

Report to the trustees

HELPING CARING TEAM

On accounts for the year
ended

1-7-23 to 30-6-24

Charity no
(if any)

1189021

Set out on pages

1 of 2

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended

Responsibilities and
basis of report

As the charity's trustees, you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ("the Act").

I report in respect of my examination of the Trust's accounts carried out under section 145 of the 2011 Act and in carrying out my examination, I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

Independent
examiner's statement

[I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination (~~other than that disclosed below~~ *) which gives me cause to believe that in, any material respect:

- the accounting records were not kept in accordance with section 130 of the Charities Act; or
- the accounts did not accord with the accounting records; or
- the accounts did not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a 'true and fair' view which is not a matter considered as part of an independent examination.

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

* Please delete the words in the brackets if they do not apply.

Signed:

Date:

25.02.2025

Name:

BETHAN WATERS.

Relevant professional
qualification(s) or body
(if any):

ICAEW F.C.A

Address:

221 HIGH ST, BLACKWOOD
NP12 1AL.

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Section B

Disclosure

Only complete if the examiner needs to highlight material matters of concern (see CC32, Independent examination of charity accounts: directions and guidance for examiners).

Give here brief details of any items that the examiner wishes to disclose.

Large empty rectangular box for providing details of items to be disclosed.



Trustees' Annual Report for the period

From **1st July 2023** Period start date To **30th June 2024**
Period end date

Charity name: **Helping Caring Team**

Charity registration number: **1189021**

Objectives and Activities

	SORP reference	
Summary of the purposes of the charity as set out in its governing document	Para 1.17	For the public benefit for the relief of the suffering of vulnerable and homeless people from South East Wales. By providing an outreach service and a food bank that supplies food, essential items, funding for emergency accommodation and an advocacy service to help with access to services and agencies that can improve their lives.
Summary of the main activities in relation to those purposes for the public benefit, in particular, the activities, projects or services identified in the accounts.	Para 1.17 and 1.19	Providing humanitarian aid in the form of hot meals, food bank, baby bank, clothes, tents and sleeping bags, toiletries and items required when transitioning to accommodation. Providing food parcels by delivery to those in need. Providing an advocacy service to help to improve lives
Statement confirming whether the trustees have had regard to the guidance issued by the Charity Commission on public benefit	Para 1.18	HCT work with regard to the guidance published by the Charity Commission on public benefit

Additional information (optional)

You may choose to include further statements where relevant about:

	SORP reference	
Policy on grant making	Para 1.38	N/A
Policy on social investment including program related investment	Para 1.38	N/A

Contribution made by volunteers	Para 1.38	<p>All the activities of HCT are carried out by 20 volunteers who commit between 4-30 hours a week. These activities include collecting and redistributing food from our food bank and other essential items to vulnerable people across Gwent. Running an outreach service to street homeless and those housed in temporary accommodation in Newport City centre BG & Torfaen. area. Collaborating with our partners and sponsors. Co-ordinating fundraising activities, including grant applications. Managing the charity's social media and website interests. All governance, compliance and accounting functions.</p>
Other		

Achievements and Performance

	SORP reference	
<p>Summary of the main achievements of the charity, identifying the difference the charity's work has made to the circumstances of its beneficiaries and any wider benefits to society as a whole.</p>	Para 1.20	<p>HCT has provided 50-80 hot meals to the vulnerable on a weekly basis, 25-50 food parcels weekly, dozens of sleeping bags, tents, clothes, shoes and other items. HCT has funded microwaves, kettles, toasters and items of bedding to those moving into more permanent accommodation. HCT has advocated for numerous people to help them secure the medical, housing and benefit help they require. We have an established food pet and baby bank, that opens day time to meet the needs of working people in poverty. We have delivered food parcels to those to whom a food bank is not accessible. Run a "Pop up prom" shop to make the school prom affordable. We have had a warm spaces initiative over the winter at our food bank, and two new further initiatives include a youth group for disabled children and a Men's group to combat loneliness. We collaborate with the local council, social services, housing authorities and other charities to advocate and help to improve the</p>

		<p>lives of our beneficiaries. We have organised a Xmas present scheme and made sure the children of 100 families in poverty had new presents for Christmas.</p> <p>We now have a community group with access to development for social skills self-confidence and learning, making new friends and to combat loneliness This has proved extremely beneficial for homeless people transitioning into temporary accommodation</p>
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A

Additional information (optional)

You may choose to include further statements where relevant about:

Achievements against objectives set	Para 1.41	Apart from our standard objective of delivering humanitarian aid to those in need in South East Wales, HCT has run a warm spaces initiative during the winter and started a youth group for disabled children and a men's group to combat loneliness.
Performance of fundraising activities against objectives set	Para 1.41	Fundraising is starting to get going again and we have held a small number of events. HCT has continued with clothes recycling and operating a small society lottery. HCT continues to attract private donations and grant funding. HCT has opened a charity shop all takings provide for the HCT Pink Pantry. We have been fortunate to have funding from the Lottery which covers all our overheads for two years.
Investment performance against objectives	Para 1.41	N/A
Other		

Financial Review

Review of the charity's financial position at the end of the period	Para 1.21	The charity is in a financially stable position and I see no reason why this should change.
Statement explaining the policy for holding reserves stating why they are held	Para 1.22	The only reserves held are those that are restricted and pertain to grant funding received and private donations with a restricted purpose
Amount of reserves held	Para 1.22	£5131.00
Reasons for holding zero reserves	Para 1.22	
Details of fund materially in deficit	Para 1.24	N/A
Explanation of any uncertainties about the charity continuing as a going concern	Para 1.23	N/A

Additional information (optional)

You may choose to include further statements where relevant about:

The charity's principal sources of funds (including any fundraising)	Para 1.47	HCT has five principles sources of funding, Grant funding (£24,814), private donations (£17,387), weekly small society lottery (£11618) and clothes recycling (£3147)and our charity shop the pink boutique (£8,749)
Investment policy and objectives including any social investment policy adopted	Para 1.46	HCT does not have an investment policy.
A description of the principal risks facing the charity	Para 1.46	Inability to attract funding to fund everyday running costs. Most grant funding bodies fund capital costs and not everyday revenue costs We have two years funding in place from the lottery to cover overheads.
Other		

Structure, Governance and Management

Description of charity's trusts:		N/A
Type of governing document	Para 1.25	Constitution
How is the charity constituted?	Para 1.25	Unincorporated association.
Trustee selection methods including details of any constitutional provisions e.g. election to post or name of any person or body entitled to appoint one or more trustees	Para 1.25	Election to post annually

Additional information (optional)

You may choose to include further statements where relevant about:

Policies and procedures adopted for the induction and training of trustees	Para 1.51	HCT follow the Charity Commission Guidance (CC3)
The charity's organisational structure and any wider network with which the charity works	Para 1.51	Trustees undertake strategic and key accounting decisions along with personnel decisions. With respect to policies and procedures held by the charity. Day to day operational decisions are undertaken by key volunteers under the guidance of the trustees.
Relationship with any related parties	Para 1.51	HCT has working relationships with local authorities with respect to improving the lives of our beneficiaries. With local businesses such as supermarkets and other food outlets and with other local charities to ensure efficiency in our objectives.
Other		

Reference and Administrative details

Charity name	Helping Caring Team
Other name the charity uses	HCT
Registered charity number	1189021
Charity's principal address	28 Bridge Street, Blackwood, Caerphilly NP12 1AX

Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	Hayley Thomas	Chair		
2	Susan Evans	Treasurer		
3	Suzanne Munkley	Secretary		
4	Gareth Bisp	Trustee		
5				
6				
7				
8				
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14				
15				
16				
17				
18				
19				
20				

Corporate trustees – names of the directors at the date the report was approved

Director name		

Name of trustees holding title to property belonging to the charity

Trustee name	Dates acted if not for whole year	

Funds held as custodian trustees on behalf of others

Description of the assets held in this capacity	
Name and objects of the charity on whose behalf the assets are held and how this falls within the custodian charity's objects	
Details of arrangements for safe custody and segregation of such assets from the charity's own assets	

Additional information (optional)

Names and addresses of advisers (Optional information)

Type of adviser	Name	Address
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Name of chief executive or names of senior staff members (Optional information)

--

Exemptions from disclosure

Reason for non-disclosure of key personnel details

--

Other optional information

--

Declarations

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

Signature(s)	<i>S Monkley</i>	
Full name(s)	SUZANNE MONKLEY	
Position (eg Secretary, Chair, etc)	Secretary	
Date	10.3.2025	

HELPING CARING TEAM

England & Wales - Charity number 1189021

Accounts



Trustees' Annual Report for the period

From 01/07/2022 Period start date To 30/06/2023 Period end date

Charity name: Helping Caring Team

Charity registration number: 1189021

Objectives and Activities

	SORP reference	
Summary of the purposes of the charity as set out in its governing document	Para 1.17	For the public benefit for the relief of the suffering of vulnerable and homeless people of Newport and South East Wales. By providing an outreach service and a food bank that supplies food, essential items, funding for emergency accommodation and an advocacy service to help with access to services and agencies that can improve their
Summary of the main activities in relation to those purposes for the public benefit, in particular, the activities, projects or services identified in the accounts.	Para 1.17 and 1.19	Providing humanitarian aid in the form of food, food bank, baby bank, clothes, tents and sleeping bags, toiletries and items required when transitioning to accommodation. Providing food parcels by delivery to those in need. Providing an advocacy service to help to improve lives.
Statement confirming whether the trustees have had regard to the guidance issued by the Charity Commission on public benefit	Para 1.18	HCT work with regard to the guidance published by the Charity Commission on public benefit.

Additional information (optional)

You may choose to include further statements where relevant about:

	SORP reference	
Policy on grant making	Para 1.38	N/A
Policy on social investment including program related investment	Para 1.38	N/A

Contribution made by volunteers	Para 1.38	<p>All the activities of HCT are carried out by 15 volunteers who commit between 4-30 hours a week. These activities include collecting and redistributing food from our food bank and other essential items to vulnerable people across Gwent. Running an outreach service to street homeless and those housed in temporary accommodation in Newport City centre and CCBC area. Collaborating without partners and sponsors. Co-ordinating fundraising activities, including grant applications. Managing the charity's social media and website interests. All governance, compliance and accounting functions.</p>
Other		

Achievements and Performance

	SORP reference	
<p>Summary of the main achievements of the charity, identifying the difference the charity's work has made to the circumstances of its beneficiaries and any wider benefits to society as a whole.</p>	Para 1.20	<p>HCT has provided 50-80 hot meals to the vulnerable on a weekly basis, 25-50 food parcels weekly, dozens of sleeping bags, tents, clothes, shoes and other items.</p> <p>HCT has funded microwaves, kettles, toasters and items of bedding to those moving into more permanent accommodation. HCT has advocated for numerous people to help them secure the medical, housing and benefit help they require. We have established food and baby bank, that opens in the evening as well as day time to meet the needs of working people in poverty. We have delivered food parcels to those to whom a food bank is not accessible. Run a "Pop up prom" shop to make the school prom affordable. We have had a warm spaces initiative over the winter at our food bank, and two new further new initiatives include a youth group for disabled children and a Men's group to combat loneliness. We collaborate with the local council, social services, housing authorities and other charities to advocate and help to improve the lives of our beneficiaries. We have organised a Xmas present scheme and made sure the children of 100 families in Newport had new presents for Christmas.</p>

Additional information (optional)

You may choose to include further statements where relevant about:

Achievements against objectives set	Para 1.41	Apart from our standard objective of delivering humanitarian aid to those in need in South East Wales, HCT has run a warm spaces initiative during the winter and started a youth group for disabled children and a men’s group to combat loneliness.
Performance of fundraising activities against objectives set	Para 1.41	Fundraising is starting to get going again and we have held s small number of events. HCT has continued with clothes recycling and operating a small society lottery. HCT continues to attract private donations and grant funding.
Investment performance against objectives	Para 1.41	N/A
Other		

Financial Review

Review of the charity's financial position at the end of the period	Para 1.21	The charity is in a financially stable position and I see no reason why this should change.
Statement explaining the policy for holding reserves stating why they are held	Para 1.22	The only reserves held are those that are restricted and pertain to grant funding received and private donations with a restricted purpose.
Amount of reserves held	Para 1.22	£0.0
Reasons for holding zero reserves	Para 1.22	HCT has no reserves because it has no long term commitments.
Details of fund materially in deficit	Para 1.24	N/A
Explanation of any uncertainties about the charity continuing as a going concern	Para 1.23	N/A

Additional information (optional)

You may choose to include further statements where relevant about:

The charity's principal sources of funds (including any fundraising)	Para 1.47	HCT has four principles sources of funding, Grant funding (£34,860), private donations (£20,604), weekly small society lottery (£4,667) and clothes recycling (£4,899).
Investment policy and objectives including any social investment policy adopted	Para 1.46	HCT does not have an investment policy.
A description of the principal risks facing the charity	Para 1.46	Inability to attract funding to fund everyday running costs. Most grant funding bodies fund capital costs and not everyday revenue costs.
Other		

Structure, Governance and Management

Description of charity's trusts:		N/A
Type of governing document (trust deed, royal charter)	Para 1.25	Constitution
How is the charity constituted? (e.g unincorporated association, CIO)	Para 1.25	Unincorporated association
Trustee selection methods including details of any constitutional provisions e.g. election to post or name of any person or body entitled to appoint one or more trustees	Para 1.25	Election to post annually.

Additional information (optional)

You may choose to include further statements where relevant about:

Policies and procedures adopted for the induction and training of trustees	Para 1.51	HCT follow the Charity Commission guidance (CC3).
The charity's organisational structure and any wider network with which the charity works	Para 1.51	Trustees undertake strategic and key accounting decisions along with personnel decisions. With respect to policies and procedures held by the charity. Day to day operational decisions are undertaken by key volunteers under the guidance of the trustees.
Relationship with any related parties	Para 1.51	HCT has working relationships with local authorities with respect to improving the lives of our beneficiaries. With local businesses such as supermarkets and other food outlets and with other local charities to ensure efficiency in our objectives.
Other		

Reference and Administrative details

Charity name	Helping Caring Team
Other name the charity uses	HCT
Registered charity number	1189021

Charity's principal address	28 Bridge Street, Blackwood, Caerphilly, NP12 1AX.

Name of trustees holding title to property belonging to the charity

Trustee name	Dates acted if not for whole year	
N/A		

Funds held as custodian trustees on behalf of others

Description of the assets held in this capacity	N/A
Name and objects of the charity on whose behalf the assets are held and how this falls within the custodian charity's objects	N/A
Details of arrangements for safe custody and segregation of such assets from the charity's own assets	N/A

Additional information (optional)

Names and addresses of advisers (Optional information)

Type of adviser	Name	Address
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Name of chief executive or names of senior staff members (Optional information)

--

Exemptions from disclosure

Reason for non-disclosure of key personnel details

N/A

Other optional information


--

Declarations

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

Signature(s)

	
---	--

Full name(s)

Louise Woodgate	
-----------------	--

Position (eg
Secretary, Chair, etc)

Treasurer	
-----------	--

Date

10/11/23

Table 1

	HCT (Helping Caring Team)		1189021	CC16a	
Receipts and payments accounts					
	For the period from	Period start date 1st July 2022	To	Period end date 30th June 2023	
Section A Receipts and payments					
	Unrestricted funds	Restricted funds	Endowment funds	Total funds	Last year
	to the nearest £	to the nearest £	to the nearest £	to the nearest £	to the nearest £
A1 Receipts					
Donations	16,912	3,692	-	20,604	20,691
Bonus ball	7,121	-	-	7,121	4,821
Equipment	586	-	-	586	492
Stationary	- 0	-	-	-	-
Fuel	- 0	-	-	-	-
Transport	150	-	-	150	62
Misc	836	-	-	836	317
Food	22	80	-	102	-
Events/ Fundraisers	3,049	-	-	3,049	2,348
Clothes	4,899	-	-	4,899	5,780
Raffles	3,402	224	-	3,626	1,217
Grants	- 0	34,860	-	34,860	21,982
Accommodation	- 0	-	-	-	-
Training	- 0	-	-	-	-
Storage	- 0	-	-	-	-
Insurance	- 0	-	-	-	-
Household/ electrical	- 0	-	-	-	-
Household/ furnishing	- 0	-	-	-	-
Household/ softfurnishing	- 0	-	-	-	-
Mobile phone	- 0	-	-	-	-
Donations for sleeping bags	- 0	-	-	-	6
Toiletries	- 0	-	-	-	-
Pink Pantry sundries	- 0	-	-	-	150
Computer equipment/ software/web hosting	- 0	-	-	-	85
Pink pantry rent	- 0	-	-	-	-
Pink pantry utilities	- 0	-	-	-	-
Starter packs	- 0	-	-	-	-
Heat Packs	- 0	-	-	-	-
Warm Spaces	- 0	-	-	-	-
Youth Club	- 0	-	-	-	-
Men's group	- 0	-	-	-	-
Excursions	725	-	-	725	-
			-	-	-
Sub total(Gross income for AR)	37,702	38,856		76,558	57,950

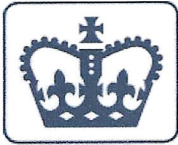
A2 Asset and investment sales, (see table).					
	- 0	- 0	- 0	-	
	- 0	- 0	- 0	-	- 0
Sub total	- 0	- 0	- 0	-	- 0
Total receipts	37,702	38,856	- 0	76,558	
A3 Payments					
Donations	- 0	-	-	-	-
Bonus ball	2,454	-	-	2,454	1,658
Equipment	232	4,469	-	4,701	2,976
Stationary	103	-	-	103	26
Fuel	1,963	1,432	-	3,395	4,150
Transport	4,924	286	-	5,210	22,785
Misc	2,532	1,238	-	3,770	3,185
Food	6,994	8,881	-	15,875	5,561
Events/ Fundraisers	617	679	-	1,296	622
Clothes	913	79	-	992	894
Raffles	867	-	-	867	183
Grants	- 0	-	-	-	-
Accommodation	1,311	-	-	1,311	640
Training	- 0	-	-	-	504
Storage	- 0	-	-	-	-
Insurance/licences	291	-	-	291	491
Household/ electrical	- 0	966	-	966	481
Household/ furnishing	135	92	-	227	1,279
Household/ softfurnishing	- 0	-	-	-	2,311
Mobile phone	945	1,165	-	2,110	355
Donations for sleeping bags	- 0	-	-	-	-
Toiletries	210	-	-	210	422
Pink Pantry sundries	- 0	146	-	146	2,994
Computer equipment/ software web hosting	90	-	-	90	741
Pink pantry rent	1,919	2,749	-	4,668	2,177
Pink pantry utilities	500	1,449	-	1,949	883
Starter packs	765	1,647	-	2,412	
Heat Packs	- 0	10,106	-	10,106	
Warm Spaces	- 0	2,293	-	2,293	
Youth Club	- 0	4,367	-	4,367	
Men's group	131	-	-	131	
Excursions	250	-	-	250	
Sub total	28,145	42,045	-	70,191	55,319

A4 Asset and investment purchases, (see table)					
	- 0	- 0	- 0	-	
	- 0	- 0	- 0	-	
Sub total	- 0	- 0	- 0	-	- 0
Total payments	28,145	42,045	- 0	70,191	55,319
Receipts/(payments)	9,557	- 3,189	-	6,368	2,631
A5 Transfers between funds	- 0	-	-	-	-
A6 Cash funds transferred this year end	- 0	-	-	-	-
	9,557	- 3,189	-	6,368	2,632

Section B Statement of assets and liabilities at the end of the period

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B1 Cash funds		9,557	- 3,189	-
		-	-	-
		-	-	-
	Total cash funds	9,557	- 3,189	-
	(agree balances with receipts and payments account(s))	OK	OK	OK
Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B2 Other monetary assets		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
Categories	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B3 Investment assets			-	-
			-	-
			-	-
			-	-
			-	-
Categories	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B4 Assets retained for the charity's own use			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
Categories	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
B5 Liabilities			-	
			-	
			-	
			-	
			-	

Signed by one or two trustees on behalf of all the trustees	Signature	Print Name	Date of approval
	<i>L Woodgate</i>	LOUISE WOODGATE	17/11/23



Section A

Independent Examiner's Report

Report to the trustees/ members of

Charity Name HCT (Helping Caring Team)

On accounts for the year ended

June 2023

Charity no (if any)

1189021

Set out on pages

1-2 (remember to include the page numbers of additional sheets)

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended 30/06/2023

Responsibilities and basis of report

As the charity trustees of the Trust, you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ("the Act").

I report in respect of my examination of the Trust's accounts carried out under section 145 of the 2011 Act and in carrying out my examination, I have followed the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

Independent examiner's statement

I have completed my examination. I confirm that no material matters have come to my attention (other than that disclosed below *) in connection with the examination which gives me cause to believe that in, any material respect:

- accounting records were not kept in accordance with section 130 of the Act or
the accounts do not accord with the accounting records

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in order to enable a proper understanding of the accounts to be reached.

* Please delete the words in the brackets if they do not apply.

Signed: C. Hindley

Date: 17/11/23

Name: C. HINDLEY

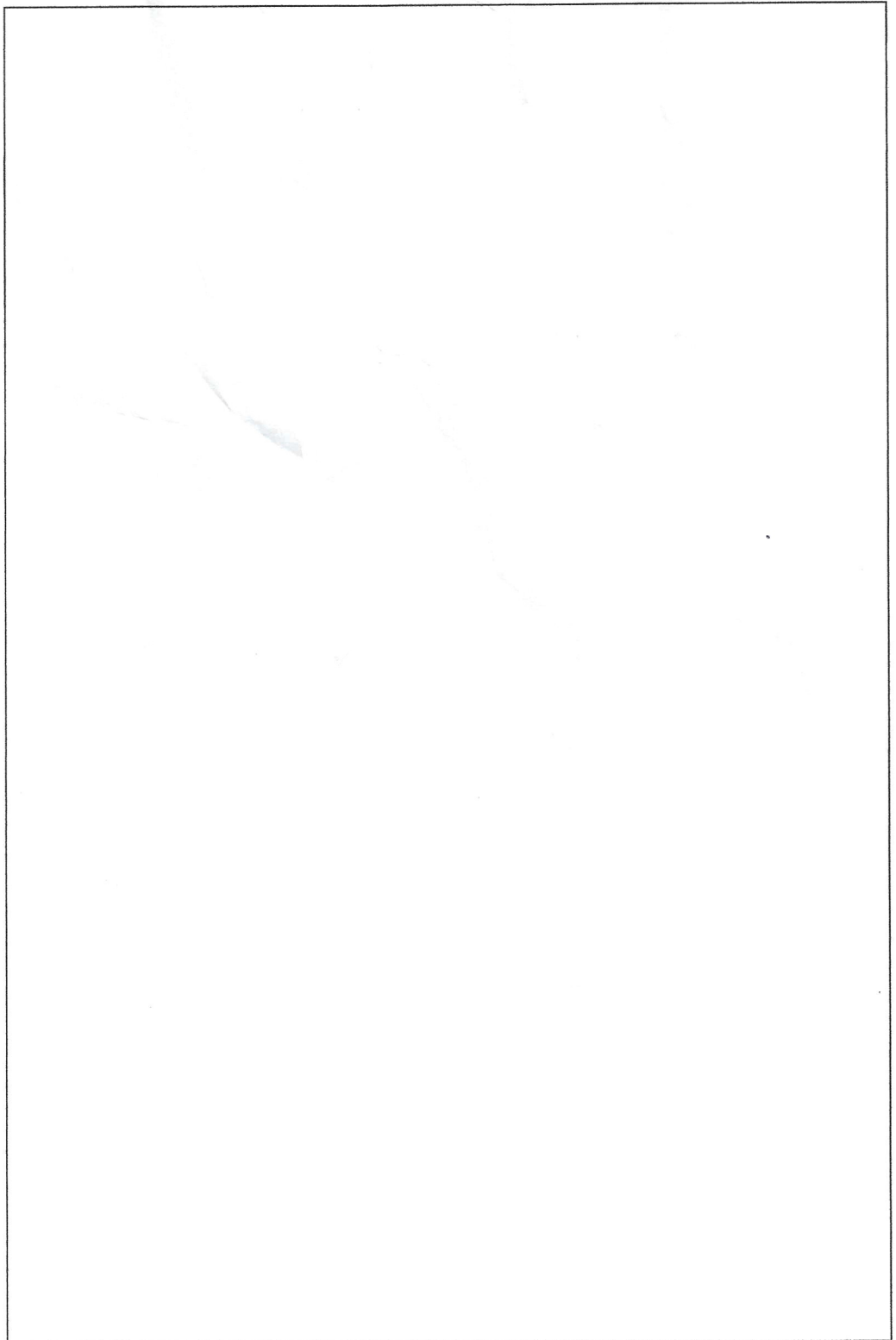
Relevant professional qualification(s) or body (if any):

Address:

12 KIRBY CLOSE
SWINDON
SN3 2JE

Only complete if the examiner needs to highlight matters of concern (see CC32, Independent examination of charity accounts: directions and guidance for examiners).

Give here brief details of any items that the examiner wishes to disclose.



HELPING CARING TEAM

England & Wales - Charity number 1189021

Accounts



Trustees' Annual Report for the period

From 01/07/2021 Period start date To 30/06/2022 Period end date

Charity name: Helping Caring Team

Charity registration number: 1189021

Objectives and Activities

	SORP reference	
Summary of the purposes of the charity as set out in its governing document	Para 1.17	For the public benefit for the relief of the suffering of vulnerable and homeless people of Newport and South East Wales. By providing an outreach service and a food bank that supplies food, essential items, funding for emergency accommodation and an advocacy service to help with access to services and agencies that can improve their
Summary of the main activities in relation to those purposes for the public benefit, in particular, the activities, projects or services identified in the accounts.	Para 1.17 and 1.19	Providing humanitarian aid in the form of food, food bank, baby bank, clothes, tents and sleeping bags, toiletries and items required when transitioning to accommodation. Providing food parcels by delivery to those in need. Providing an advocacy service to help to improve lives.
Statement confirming whether the trustees have had regard to the guidance issued by the Charity Commission on public benefit	Para 1.18	HCT work with regard to the guidance published by the Charity Commission on public benefit.

Additional information (optional)

You may choose to include further statements where relevant about:

	SORP reference	
Policy on grant making	Para 1.38	N/A
Policy on social investment including program related investment	Para 1.38	N/A

Contribution made by volunteers	Para 1.38	<p>All the activities of HCT are carried out by 15 volunteers who commit between 4-30 hours a week. These activities include collecting and redistributing food from our food bank and other essential items to vulnerable people across Gwent. Running an outreach service to street homeless and those housed in temporary accommodation in Newport City centre and CCBC area. Collaborating without partners and sponsors. Co-ordinating fundraising activities, including grant applications. Managing the charity’s social media and website interests. All governance, compliance and accounting functions.</p>
Other		

Achievements and Performance

	SORP reference	
<p>Summary of the main achievements of the charity, identifying the difference the charity’s work has made to the circumstances of its beneficiaries and any wider benefits to society as a whole.</p>	Para 1.20	<p>HCT has provided 50-80 hot meals to the vulnerable on a weekly basis, 25-50 food parcels weekly, dozens of sleeping bags, tents, clothes, shoes and other items.</p> <p>HCT has funded microwaves, kettles, toasters and items of bedding to those moving into more permanent accommodation. HCT has advocated for numerous people to help them secure the medical, housing and benefit help they require. We have established food and baby bank, that opens in the evening as well as day time to meet the needs of working people in poverty. We have delivered food parcels to those to whom a food bank is not accessible. We have funded and organised cookery classes on a budget. Run a “Pop up prom” shop to make the school prom affordable. We have held coffee mornings at our food bank for various community groups. We collaborate with the local council, social services, housing authorities and other charities to advocate and help to improve the lives of our beneficiaries. We have organised a Xmas present scheme and made sure the children of 100 families in poverty had new presents for Christmas.</p>

Additional information (optional)

You may choose to include further statements where relevant about:

Achievements against objectives set	Para 1.41	Apart from our standard objective of delivering humanitarian aid to those in need in South East Wales, HCT has moved to a new more accessible and visible base to run our operations and opened a new food bank. We have purchased a second van to enable the expansion of our activities.
Performance of fundraising activities against objectives set	Para 1.41	Post pandemic, fundraising is starting to get going again and we have held s small number of events. HCT has continued with clothes recycling and operating a small society lottery. HCT continues to attract private donations and grant funding.
Investment performance against objectives	Para 1.41	N/A
Other		

Financial Review

Review of the charity's financial position at the end of the period	Para 1.21	Cash funds amount to £22,494 HCT has no assets. Which includes £12,563 of unrestricted funds.
Statement explaining the policy for holding reserves stating why they are held	Para 1.22	The only reserves held are those that are restricted and pertain to grant funding received and private donations with a restricted purpose.
Amount of reserves held	Para 1.22	£9,931
Reasons for holding zero reserves	Para 1.22	N/A
Details of fund materially in deficit	Para 1.24	N/A
Explanation of any uncertainties about the charity continuing as a going concern	Para 1.23	N/A

Additional information (optional)

You may choose to include further statements where relevant about:

The charity's principal sources of funds (including any fundraising)	Para 1.47	HCT has four principles sources of funding, Grant funding (£21,982), private donations (£20,691), weekly small society lottery (3,163) and clothes recycling (£5,780).
Investment policy and objectives including any social investment policy adopted	Para 1.46	HCT does not have an investment policy.
A description of the principal risks facing the charity	Para 1.46	Inability to attract funding to fund everyday running costs. Most grant funding bodies fund capital costs and not everyday revenue costs.
Other		

Structure, Governance and Management

Description of charity's trusts:		N/A
Type of governing document (trust deed, royal charter)	Para 1.25	Constitution
How is the charity constituted? (e.g unincorporated association, CIO)	Para 1.25	Unincorporated association
Trustee selection methods including details of any constitutional provisions e.g. election to post or name of any person or body entitled to appoint one or more trustees	Para 1.25	Election to post annually.

Additional information (optional)

You may choose to include further statements where relevant about:

Policies and procedures adopted for the induction and training of trustees	Para 1.51	HCT follow the Charity Commission guidance (CC3).
The charity's organisational structure and any wider network with which the charity works	Para 1.51	Trustees undertake strategic and key accounting decisions along with personnel decisions. With respect to policies and procedures held by the charity. Day to day operational decisions are undertaken by key volunteers under the guidance of the trustees.
Relationship with any related parties	Para 1.51	HCT has working relationships with local authorities with respect to improving the lives of our beneficiaries. With local businesses such as supermarkets and other food outlets and with other local charities to ensure efficiency in our objectives.
Other		

Reference and Administrative details

Charity name	Helping Caring Team
Other name the charity uses	HCT
Registered charity number	1189021

Charity's principal address	28 Bridge Street, Blackwood, Caerphilly, NP12 1AX.

Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	Hayley Thomas	Chair		
2	Rhian Rogers		Jul 21-Feb 22	
3	Adele Delaney	Secretary		
4	Ceri Waters			
5	Louise Woodgate	Treasurer		
6				
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20				

Corporate trustees – names of the directors at the date the report was approved

Director name		
N/A		

Name of trustees holding title to property belonging to the charity

Trustee name	Dates acted if not for whole year	
N/A		

Funds held as custodian trustees on behalf of others

Description of the assets held in this capacity	N/A
Name and objects of the charity on whose behalf the assets are held and how this falls within the custodian charity's objects	N/A
Details of arrangements for safe custody and segregation of such assets from the charity's own assets	N/A

Additional information (optional)

Names and addresses of advisers (Optional information)

Type of adviser	Name	Address
-----------------	------	---------

Name of chief executive or names of senior staff members (Optional information)

--

Exemptions from disclosure

Reason for non-disclosure of key personnel details

N/A

Other optional information

--

Declarations

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

Signature(s)

<i>L. Woodgate</i>	
--------------------	--

Full name(s)

Louise Woodgate	
-----------------	--

Position (eg
Secretary, Chair, etc)

Treasurer	
-----------	--

Date

--

Table 1

	HCT (Helping Caring Team)		1189021	
Receipts and payments accounts				
	For the period from	Period start date	To	Period end date
		1st July 2021		30th June 2022
Section A Receipts and payments				
	Unrestricted funds	Restricted funds	Endowment funds	Total funds
	to the nearest £	to the nearest £	to the nearest £	to the nearest £
A1 Receipts				
Donations	16,839	3,852	-	20,691
Bonus ball	4,821	-	-	4,821
Equipment	50	442	-	492
Stationary	- 0	-	-	-
Fuel	- 0	-	-	-
Transport	62	-	-	62
Misc	317	-	-	317
Food	- 0	-	-	-
Events/ Fundraisers	2,348	-	-	2,348
Clothes	5,780	-	-	5,780
Raffles	1,217	-	-	1,217
Grants	2,440	19,542	-	21,982
Accommodation	- 0	-	-	-
Training	- 0	-	-	-
Storage	- 0	-	-	-
Insurance	- 0	-	-	-
Household/ electrical	- 0	-	-	-
Household/ furnishing	- 0	-	-	-
Household/soft furnishing	- 0	-	-	-
Mobile phone	- 0	-	-	-
Donations for sleeping bags	6	-	-	6
Toiletries	- 0	-	-	-
Pink Hub	150	-	-	150
Computer equipment	85	-	-	85
Pink pantry rent	- 0	-	-	-
Pink pantry utilities	- 0	-	-	-
			-	-
Sub total(Gross income for AR)	34,114	23,836	- 0	57,950
A2 Asset and investment sales, (see table).				
	- 0	- 0	- 0	-
	- 0	- 0	- 0	-
Sub total	- 0	- 0	- 0	-
Total receipts	34,114	23,836	- 0	57,950
A3 Payments				
Donations	- 0	-	-	-
Bonus ball	1,658	-	-	1,658
Equipment	108	2,869	-	2,976
Stationary	26	-	-	26
Fuel	1,733	2,417	-	4,150

Transport	8,397	14,388	-	22,785
Misc	2,057	1,128	-	3,185
Food	3,156	2,405	-	5,561
Events/ Fundraisers	622	-	-	622
Clothes	674	220	-	894
Raffles	183	-	-	183
Grants	- 0	-	-	-
Accommodation	364	276	-	640
Training	- 0	504	-	504
Storage	- 0	-	-	-
Insurance	53	438	-	491
Household/ electrical	31	450	-	481
Household/ furnishing	- 0	1,279	-	1,279
Household/soft furnishing	- 0	2,311	-	2,311
Mobile phone	215	140	-	355
Donations for sleeping bags	- 0	-	-	-
Toiletries	152	270	-	422
Pink Hub	1,639	1,355	-	2,994
Computer equipment	207	534	-	741
Pink pantry rent	- 0	2,177	-	2,177
Pink pantry utilities	276	606	-	883
Sub total	21,551	33,768	-	55,319
A4 Asset and investment purchases, (see table)				
	- 0	- 0	- 0	-
	- 0	- 0	- 0	-
Sub total	- 0	- 0	- 0	-
Total payments	21,551	33,768	- 0	55,319
Receipts/(payments)	12,563	- 9,931	-	2,631
A5 Transfers betw	- 0	-	-	-
A6 Cash funds las	- 0	-	-	-
unds this year end	12,563	- 9,931	-	22,165

Section B Statement of assets and liabilities at the end of the period

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £
B1 Cash funds		12,563	- 9,931
		-	-
		-	-
	Total cash funds	12,563	- 9,931
	(agree balances with receipts and payments account(s))	OK	OK
Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £
B2 Other monetary assets		-	-
		-	-
		-	-
		-	-
		-	-
		-	-

	Details		Fund to which asset belongs		Cost (optional)
B3 Investment assets					-
					-
					-
					-
					-
	Details		Fund to which asset belongs		Cost (optional)
B4 Assets retained for the charity's own use					-
					-
					-
					-
					-
					-
					-
					-
					-
	Details		Fund to which liability relates		Amount due (optional)
B5 Liabilities					-
					-
					-
					-
					-
Signed by one or two trustees on behalf of all the trustees	Signature		Print Name		
			LOUISE WOODGATE		

Transport	4,926
Misc	9,366
Food	2,968
Events/ Fundraisers	-
Clothes	966
Raffles	-
Grants	2,224
Accommodation	439
Training	628
Storage	230
Insurance	743
Household/ electrical	265
Household/ furnishing	341
Household/soft furnishing	608
Mobile phone	126
Donations for sleeping bags	-
Toiletries	1,013
Pink Hub	1,352
Computer equipment	102
Pink pantry rent	-
Pink pantry utilities	-
	-
Sub total	31,851
A4 Asset and investment purchases, (see table)	
Sub total	- 0
Total payments	31,851
Receipts/(payments)	10,070
A5 Transfers betw	-
A6 Cash funds las	-
Receipts this year end	10,070
Section B Statement of Financial Position	
Categories	Endowment funds to nearest £
B1 Cash funds	-
	-
	-
	-
	OK
	Endowment funds to nearest £
B2 Other monetary assets	-
	-
	-
	-
	-
	-

	Current value (optional)
B3 Investment assets	-
	-
	-
	-
	-
	Current value (optional)
B4 Assets retained for the charity's own use	-
	-
	-
	-
	-
	-
	-
	-
	-
	When due (optional)
B5 Liabilities	
Signed by one or two trustees on behalf of all the trustees	Date of approval



Independent examiner's report on the accounts

Section A

Independent Examiner's Report

Report to the trustees/
members of

Charity Name

Help Caring Team

On accounts for the year
ended

30 June 2022

Charity no
(if any)

1189021

Set out on pages

1-2

(remember to include the page numbers of additional sheets)

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended DD / MM / YYYY.

Responsibilities and
basis of report

As the charity's trustees, you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ("the Act").

I report in respect of my examination of the Trust's accounts carried out under section 145 of the 2011 Act and in carrying out my examination, I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

**Independent
examiner's statement**

[The charity's gross income exceeded £250,000 and I am qualified to undertake the examination by being a qualified member of [insert name of applicable listed body]]. *Delete [] if not applicable.*

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination (other than that disclosed below *) which gives me cause to believe that in, any material respect:

- the accounting records were not kept in accordance with section 130 of the Charities Act; or
- the accounts did not accord with the accounting records; or
- the accounts did not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a 'true and fair' view which is not a matter considered as part of an independent examination.

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

* *Please delete the words in the brackets if they do not apply.*

Signed: *C. Hindley*

Date: 26/03/2023

Name: C. Hindley

Relevant professional qualification(s) or body (if any): N/A

Address: 12 Kirby Close
Swindon
SN3 2JE

Section B Disclosure

Only complete if the examiner needs to highlight material matters of concern (see CC32, Independent examination of charity accounts: directions and guidance for examiners).

Give here brief details of any items that the examiner wishes to disclose.

HELPING CARING TEAM

England & Wales - Charity number 1189021

Accounts



Trustees' Annual Report for the period

From 02/07/2020 Period start date To 30/06/2021 Period end date

Charity name: Helping Caring Team

Charity registration number: 1189021

Objectives and Activities

	SORP reference	
Summary of the purposes of the charity as set out in its governing document	Para 1.17	For the public benefit for the relief of the suffering of vulnerable and homeless people of Newport and South East Wales. By providing an outreach service that supplies food, essential items, funding for emergency accommodation and an advocacy service to help with access to services and agencies that can improve their lives.
Summary of the main activities in relation to those purposes for the public benefit, in particular, the activities, projects or services identified in the accounts.	Para 1.17 and 1.19	Providing humanitarian aid in the form of food, clothes, tents and sleeping bags, toiletries and items required when transitioning to accommodation. Providing food parcels by delivery to those in need. Providing an advocacy service to help to improve lives.
Statement confirming whether the trustees have had regard to the guidance issued by the Charity Commission on public benefit	Para 1.18	HCT work with regard to the guidance published by the Charity Commission on public benefit.

Additional information (optional)

You may choose to include further statements where relevant about:

	SORP reference	
Policy on grant making	Para 1.38	N/A
Policy on social investment including program related investment	Para 1.38	N/A

Contribution made by volunteers	Para 1.38	All the activities of HCT are carried out by 15 volunteers who commit between 4-30 hours a week. These activities include collecting and redistributing food and other essential items to vulnerable people across Gwent. Running an outreach service to street homeless and those housed in temporary accommodation in Newport City centre. Collaborating without partners and sponsors. Co-ordinating fundraising activities, including grant applications. Managing the charity's social media and website interests. All governance, compliance and accounting functions.
Other		

Achievements and Performance

	SORP reference	
Summary of the main achievements of the charity, identifying the difference the charity's work has made to the circumstances of its beneficiaries and any wider benefits to society as a whole.	Para 1.20	HCT has funded emergency accommodation in hotels as an interim measure for approx 40 people, HCT has provided 50-80 hot meals to the vulnerable on a weekly basis, 25-50 food parcels weekly, dozens of sleeping bags, tents, clothes, shoes and other items. HCT has funded microwaves, kettles, toasters and items of bedding to those moving into more permanent accommodation. HCT has advocated for numerous people to help them secure the medical, housing and benefit help they require.

Additional information (optional)

You may choose to include further statements where relevant about:

Achievements against objectives set	Para 1.41	Apart from our standard objective of delivering humanitarian aid to those in need in South East Wales, HCT has secured a base for our operations and purchased a van to enable the collection and delivery of donations and essential items.
-------------------------------------	-----------	---

Performance of fundraising activities against objectives set	Para 1.41	Due to the pandemic, the usual fundraising activities of HCT have been difficult to achieve, but we have continued with clothes recycling and operating a small society lottery. HCT continues to attract private donations.
Investment performance against objectives	Para 1.41	N/A
Other		

Financial Review

Review of the charity's financial position at the end of the period	Para 1.21	Cash funds amount to £10,144, HCT has no assets. Which includes £623 of unrestricted funds.
Statement explaining the policy for holding reserves stating why they are held	Para 1.22	The only reserves held are those that are restricted and pertain to grant funding received and private donations with a restricted purpose.
Amount of reserves held	Para 1.22	£9521.0
Reasons for holding zero reserves	Para 1.22	N/A
Details of fund materially in deficit	Para 1.24	N/A
Explanation of any uncertainties about the charity continuing as a going concern	Para 1.23	N/A

Additional information (optional)

You may choose to include further statements where relevant about:

The charity's principal sources of funds (including any fundraising)	Para 1.47	HCT has two principles sources of funding, Grant funding and private donations. Grant funding amounts to £19,749 private donations £11,879.
Investment policy and objectives including any social investment policy adopted	Para 1.46	HCT does not have an investment policy.
A description of the principal risks facing the charity	Para 1.46	Inability to attract funding to fund everyday running costs. Most grant funding bodies fund capital costs and not everyday revenue costs.
Other		

Structure, Governance and Management

Description of charity's trusts:		N/A
Type of governing document (trust deed, royal charter)	Para 1.25	Constitution
How is the charity constituted? (e.g unincorporated association, CIO)	Para 1.25	Unincorporated association
Trustee selection methods including details of any constitutional provisions e.g. election to post or name of any person or body entitled to appoint one or more trustees	Para 1.25	Election to post annually.

Additional information (optional)

You may choose to include further statements where relevant about:

Policies and procedures adopted for the induction and training of trustees	Para 1.51	HCT follow the Charity Commission guidance (CC3).
The charity's organisational structure and any wider network with which the charity works	Para 1.51	Trustees undertake strategic and key accounting decisions along with personnel decisions. With respect to policies and procedures held by the charity. Day to day operational decisions are undertaken by key volunteers under the guidance of the trustees.
Relationship with any related parties	Para 1.51	HCT has working relationships with local authorities with respect to improving the lives of our beneficiaries. With local businesses such as supermarkets and other food outlets and with other local charities to ensure efficiency in our objectives.
Other		

Reference and Administrative details

Charity name	Helping Caring Team
Other name the charity uses	HCT
Registered charity number	1189021

Charity's principal address	24 Markham Crescent Oakdale, Blackwood, Caerphilly, NP12 0JN

Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	Hayley Thomas	Chair		
2	Rhian Rogers			
3	Adele Delaney	Secretary		
4	Ceri Waters			
5	Louise Woodgate	Treasurer		
6				
7				
8				
9				
10				
11				
12				
13				
14				
15				
16				
17				
18				
19				
20				

Corporate trustees – names of the directors at the date the report was approved

Director name		
N/A		

Name of trustees holding title to property belonging to the charity

Trustee name	Dates acted if not for whole year	
N/A		

Funds held as custodian trustees on behalf of others

Description of the assets held in this capacity	N/A
Name and objects of the charity on whose behalf the assets are held and how this falls within the custodian charity's objects	N/A
Details of arrangements for safe custody and segregation of such assets from the charity's own assets	N/A

Additional information (optional)

Names and addresses of advisers (Optional information)

Type of adviser	Name	Address
-----------------	------	---------

Name of chief executive or names of senior staff members (Optional information)

--

Exemptions from disclosure

Reason for non-disclosure of key personnel details

N/A

Other optional information


--

Declarations

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

Signature(s)

	
---	--

Full name(s)

Louise Woodgate	
-----------------	--

Position (eg
Secretary, Chair, etc)

Treasurer	
-----------	--

Date

02/01/2022

Table 1

HCT (Helping Caring Team)		1189021		CC16a	
Receipts and payments accounts					
For the period from		Period start date	To	Period end date	
		2nd July 2020		30th June 2021	
Section A Receipts and payments					
	Unrestricted funds	Restricted funds	Endowment funds	Total funds	Last year
	to the nearest £	to the nearest £	to the nearest £	to the nearest £	to the nearest £
A1 Receipts					
Donations	8,097	3,781	-	11,879	-
Bonus ball	3,919	-	-	3,919	-
Equipment	- 0	-	-	-	-
Stationary	- 0	-	-	-	-
Fuel	- 0	-	-	-	-
Transport	- 0	-	-	-	-
Misc	112	-	-	112	-
Food	10	-	-	10	-
Events/ Fundraisers	- 0	-	-	-	-
Clothes	5,501	-	-	5,501	-
Raffles	447	-	-	447	-
Grants	- 0	19,749	-	19,749	-
Accommodation	- 0	-	-	-	-
Training	- 0	-	-	-	-
Storage	175	-	-	175	-
Insurance	- 0	-	-	-	-
Household/ electrical	- 0	-	-	-	-
Household/ furnishing	80	-	-	80	-
Household/soft furnishing	- 0	-	-	-	-
Mobile phone	- 0	-	-	-	-
Donations for sleeping bags	- 0	50	-	50	-
Toiletries	- 0	-	-	-	-
Pink Hub	- 0	-	-	-	-
Computer equipment	- 0	-	-	-	-
Sub total(Gross income for AR)	18,341	23,580	- 0	41,922	- 0
A2 Asset and investment sales, (see table).					
	- 0	- 0	- 0	-	
	- 0	- 0	- 0	-	- 0
Sub total	- 0	- 0	- 0	-	- 0
Total receipts	18,341	23,580	- 0	41,922	- 0
A3 Payments	- 0	-	-	-	-
Donations	37	-	-	37	-
Bonus ball	2,006	-	-	2,006	-
Equipment	225	-	-	225	-
Stationary	31	824	-	854	-
Fuel	2,431	-	-	2,431	-
Transport	4,595	331	-	4,926	-
Misc	1,946	7,420	-	9,366	-
Food	2,968	-	-	2,968	-

	HCT (Helping Caring Team)			1189021	CC16a
Events/ Fundraisers	- 0	-	-	-	-
Clothes	966	-	-	966	-
Raffles	- 0	-	-	-	-
Grants	- 0	2,224	-	2,224	-
Accommodation	415	24	-	439	-
Training	30	598	-	628	-
Storage	230	-	-	230	-
Insurance	309	433	-	743	-
Household/ electrical	174	91	-	265	-
Household/ furnishing	- 0	341	-	341	-
Household/soft furnishing	608	-	-	608	-
Mobile phone	126	-	-	126	-
Donations for sleeping bags	- 0	-	-	-	-
Toiletries	5	1,008	-	1,013	-
Pink Hub	588	764	-	1,352	-
Computer equipment	102	-	-	102	-
			-	-	-
			-	-	-
Sub total	17,718	14,059	-	31,777	-
A4 Asset and investment purchases, (see table)					
	- 0	- 0	- 0	-	
	- 0	- 0	- 0	-	
Sub total	- 0	- 0	- 0	-	- 0
Total payments	17,718	14,059	- 0	31,777	- 0
Receipts/(payments)	623	9,521	-	10,144	-
A5 Transfers betw	- 0	-	-	-	-
A6 Cash funds las	- 0	-	-	-	-
unds this year end	623	9,521	-	10,144	-

Section B Statement of assets and liabilities at the end of the period

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B1 Cash funds		623	9,521	-
		-	-	-
		-	-	-
	Total cash funds	623	9,521	-
	(agree balances with receipts and payments account(s))	OK	OK	OK
		Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B2 Other monetary assets	Details	-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
B3 Investment assets	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
			-	-
			-	-
			-	-

	HCT (Helping Caring Team)		1189021	CC16a
			-	-
			-	-
	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B4 Assets retained for the charity's own use			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
B5 Liabilities			-	
			-	
			-	
			-	
			-	
Signed by one or two trustees on behalf of all the trustees	Signature		Print Name	Date of approval
	<i>L Woodgate</i>		LOUISE WOODGATE	03/01/2022



Section A

Independent Examiner's Report

**Report to the trustees/
members of**

Help Caring Team

**On accounts for the year
ended**

30/06/2021

**Charity no
(if any)**

1189021

Set out on pages

1-2

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended *30/06/2021*

**Responsibilities and
basis of report**

As the charity's trustees, you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ("the Act").

I report in respect of my examination of the Trust's accounts carried out under section 145 of the 2011 Act and in carrying out my examination, I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

**Independent
examiner's statement**

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination which gives me cause to believe that in, any material respect:

- the accounting records were not kept in accordance with section 130 of the Charities Act; or
- the accounts did not accord with the accounting records; or
- the accounts did not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a 'true and fair' view which is not a matter considered as part of an independent examination.

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

Signed:

C. Hindley

Date:

3/1/2022

Name:

Carol Hindley

**Relevant professional
qualification(s) or body
(if any):**

N/A

Address:

12 Kirby Close

Swindon

SN3 2JE

Only complete if the examiner needs to highlight material matters of concern (see CC32, Independent examination of charity accounts: directions and guidance for examiners).

Give here brief details of any items that the examiner wishes to disclose.

N/A