

AT THE HEART

England & Wales - Charity number 1189831

Details

Status Registered

Legal form CIO

Registered 2020-06-08

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

Contact

Address Flat 33
41 Grange Walk
London
SE1 3DY

Phone 07708303836

Email info@attheheartuk.org

Website www.attheheartuk.org

Activities

Objects: To advance in life, relieve needs of and help young adults between the ages of 18 - 30 living in London and its surrounding areas, with a particular focus on young adults from the Black and Minority Ethnic (BME) community, by developing their skills, capacities and capabilities to enable them to participate in society as independent, mature and responsible individuals, and in particular by: a. advancing education through the provision of information, advice and guidance in areas relating to life, employability and social skills, progression into higher education, career development, citizenship, financial literacy and physical and mental health and well-being; b. relieving unemployment through hosting workshops and mentorship programmes.

Activities: Provide materials in kind and to provide or procure the provision of services, education, training, advice, support, or guidance; Produce, print and publish anything in or on any media; Promote or undertake study or research and disseminate the useful results of such research; Promote and advertise the CIO's activities.

Classification

- **How:** Provides Services, Provides Advocacy/advice/information
- **What:** Education/training, The Prevention Or Relief Of Poverty, Economic/community Development/employment
- **Who:** People Of A Particular Ethnic Or Racial Origin, Other Defined Groups

Geography

- **Area of benefit:** LOCAL
- Throughout London

Finances

Period end	Income	Expenditure	Assets	Employees	
2025-04-06		£58	£318	-	-
2024-04-06		£106	£1,514	-	-
2023-04-06		£5	£2,050	-	-
2022-04-06		£4,474	£690	-	-
2021-04-06		£581	£228	-	-

Trustees

Name	Role	Appointed
Blessing Adenrele Bakare	Chair	2020-03-16
Ahyeesha Clementine Dembele		2020-03-16
Deborah Adetomiwa Bakare		2020-03-16
Victoria Temilade Bakare		2024-07-30

AT THE HEART

England & Wales - Charity number 1189831

Accounts

At The Heart

2024-2025



Annual Report

For the year ended 6 April 2025

Report of the trustees for the year ended 6 April 2025

Charity No: 1189831

The trustees of At The Heart present their annual report and audited accounts for the year ended 6 April 2025 and confirm they comply with the requirements of the Charities Act 2011, the charity constitution and the Charities SORP (FRS 102).



Together we are all making a difference

Despite a year marked by many difficult changes, At the Heart has stayed dedicated to offering resources and connecting with young adults in our communities.

Blessing Bakare

CHAIR - BOARD OF TRUSTEES

At The Heart



"I really learnt a lot a lot about what I was doing wrong and how I could change my approach to job hunting. It was a really helpful workshop."

- Beneficiary Feedback

11

Young adults involved in our Tech Mentorship Scheme

1080

Our reach on Instagram was up by 108.1% this year

34

Workshop Attendees

Projects

Details

Outcome

Tech Mentorship Scheme

Mentorship Scheme for those early in their tech career journey

- Scheme launched, applications reviewed and accepted.
- Induction and training.
- Mentors and mentees matched.

Adulting Skills & Resource Hub

Providing free life skill resources and signposting

- New resource hub developed and expanded.
- New resources developed and added to website.

Workshops

Two practical hands-on workshops developed and delivered

- Collaboration with field professionals to develop and deliver workshops.
- Mentoring Welcome Workshop
- Job Application Lifecycle Workshop

Finances

FUNDING

Donations
& Gift Aid

£58

ASSETS & INVESTMENT SALES

-

£0

EXPENSES & DEDUCTIONS

Total Spent

£318



Available funds (to the nearest £)

£682

Approximately £624 of our available funds came from our reserves from the previous year

We'd like to thank all our stakeholders for their ongoing support



Acknowledgements

Professional Advisers

Bankers: Metro Bank Plc
1 Southampton Row,
Holborn,
London
WC1B 5HA



Declarations

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

Signed on behalf of the charity's trustees:

Signature

Full name Blessing Bakare

Position Chair

Date 19 August 2025



Receipts and payments accounts

For the period from	4/7/2024	To	4/6/2025
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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 & Gift Aid	58	-	-	58	106
		-	-	-	-
		-	-	-	-
		-	-	-	-
		-	-	-	-
		-	-	-	-
		-	-	-	-
	-	-	-	-	-
Sub total (Gross income for AR)	58	-	-	58	106
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	58	-	-	58	106
A3 Payments					
Workshops		-	-	-	18
Zoom	156	-	-	156	144
Website Wix hosting		-	-	-	305

Branded items for gifting		-	-	-	773
Gift vouchers		-	-	-	206
Meetings		-	-	-	67
Black Tech Day Event	150	-	-	150	-
Website Wix domain	12	-	-	12	-
	-	-	-	-	-
Sub total	318	-	-	318	1,513

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

Total payments	318	-	-	318	1,513
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Net of receipts/(payments)	- 261	-	-	- 261	- 1,407
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	682	-	-	682	-
Cash funds this year end	421	-	-	421	- 1,407

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		-	-	-
		-	-	-
		-	-	-
	Total cash funds	421	-	-

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

OK

OK

OK

Unrestricted funds

Restricted funds

Endowment funds

to nearest £

to nearest £

to nearest £

Details

B2 Other monetary assets

	-	-	-
	-	-	-
	-	-	-
	-	-	-
	-	-	-
	-	-	-

Details

B3 Investment assets

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

Details

B4 Assets retained for the charity's own use

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

		-	-
		-	-
		-	-

B5 Liabilities

Details	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
BLESSING BAKARE	Blessing Bakare	19.08.2025
DEBORAH BAKARE	Deborah Bakare	19.08.2025

AT THE HEART

England & Wales - Charity number 1189831

Accounts



At The Heart
Charity No. 1189831

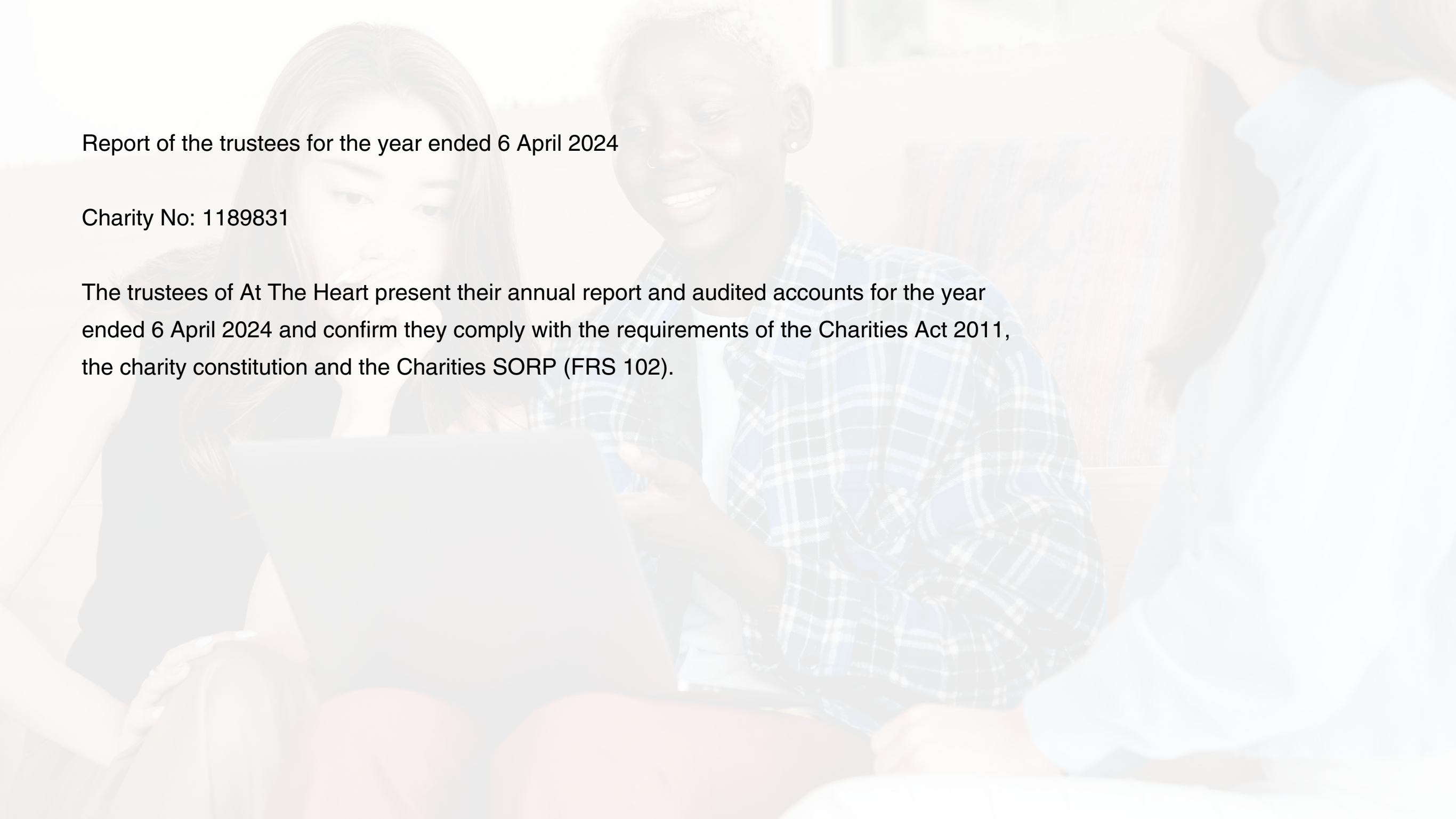


Annual Report 23-24

For the year ended
6 April 2024

[Read the Report](#)

[Learn About Us](#)



Report of the trustees for the year ended 6 April 2024

Charity No: 1189831

The trustees of At The Heart present their annual report and audited accounts for the year ended 6 April 2024 and confirm they comply with the requirements of the Charities Act 2011, the charity constitution and the Charities SORP (FRS 102).

Letter from the Chair

This past year has been one of reflection and re-focus for At The Heart. Though we were less active as a charity, we were committed to taking a step back to re-evaluate our activities and think about how we could improve our relationship with our beneficiaries.

I want to extend my heartfelt thanks to our trustees and supporters. Your dedication and generosity have been instrumental in the charity being able to continue doing its work. Together, we are making a real difference.

Blessing Bakare

CHAIR - BOARD OF TRUSTEES

At The Heart



Objectives & Activities

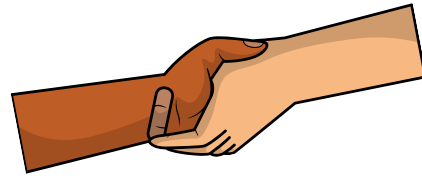
The object of the CIO is:

To advance in life, relieve needs of and help young adults between the ages of 18 – 30 living in London and its surrounding areas, with a particular focus on young adults from the Black and Minority Ethnic (BME) community, by developing their skills, capacities and capabilities to enable them to participate in society as independent, mature and responsible individuals, and in particular by:

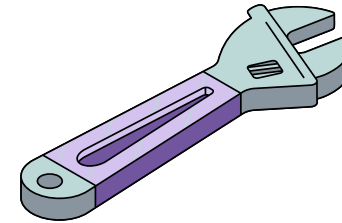
- 1. advancing education through the provision of information, advice and guidance in areas relating to life, employability and social skills, progression into higher education, career development, citizenship, financial literacy and physical and mental health and well-being;
- 2. relieving unemployment through hosting workshops and mentorship programmes.

Objectives & Activities

In planning our activities for the year, we kept in mind the Charity Commission's guidance on public benefit at our trustee meetings. The main activities for this year are as follows:



VIRTUAL OUTREACH



ADULTING SKILLS HUB

Although our primary focus is to support young adults aged 18 – 30 from racialised backgrounds, we are open to support all young adults regardless of personal background, faith, gender or personal circumstances.

We have referred to the guidance contained in the Charity Commission's general guidance on public benefit when reviewing our aim and objectives and in planning our future activities. In particular, the trustees consider how planned activities will contribute to the aims and objectives they have set.

Virtual Outreach

Social Media

In line with the charity objectives, we have been using social media platforms to provide our beneficiaries with information, advice and guidance in areas relating to life, employability and social skills, progression into higher education, career development, citizenship, financial literacy and physical and mental health and well-being.

The charity social media platforms have allowed for outreach work to take place. The charity was able to engage with beneficiaries and communicate with them so as to better understand their needs and provide services virtually. We have invited beneficiaries to share peer advice on our Instagram platform and have encouraged reflective discussions in the comments sections of our posts.



Facebook Reach

1,225



Instagram Reach

2,945

Virtual Outreach

At The Heart Website

In line with the charity objectives, the At The Heart website (www.attheheartuk.org) also serves as a platform to provide our beneficiaries with information, advice and guidance. The website is home to free resources (booklets, audios) that beneficiaries can download, as well as a list of relevant services that beneficiaries can be signposted to. The website not only increases visibility for the charity, so that our services reach more of our target group, but it is also essential for showcasing reliability and improving accessibility.

Website analytics suggest that this financial year, there were:



113

Unique visitors to the website

Adulting Skills Hub

In line with the charity objectives, we continued to offer access to free e-courses, helpful links, downloads and FAQs on topics relating to life skills, employability and social skills through our online Adulting Skills Hub.

Below are the skills hub pages that were accessible to beneficiaries this financial year:

UK Taxes

ISAs

**Making
Friends**

**Mentoring
Skills**

Networking

**Maintaining
Friendships**

The Year in Numbers

FUNDING

£106

SPENT

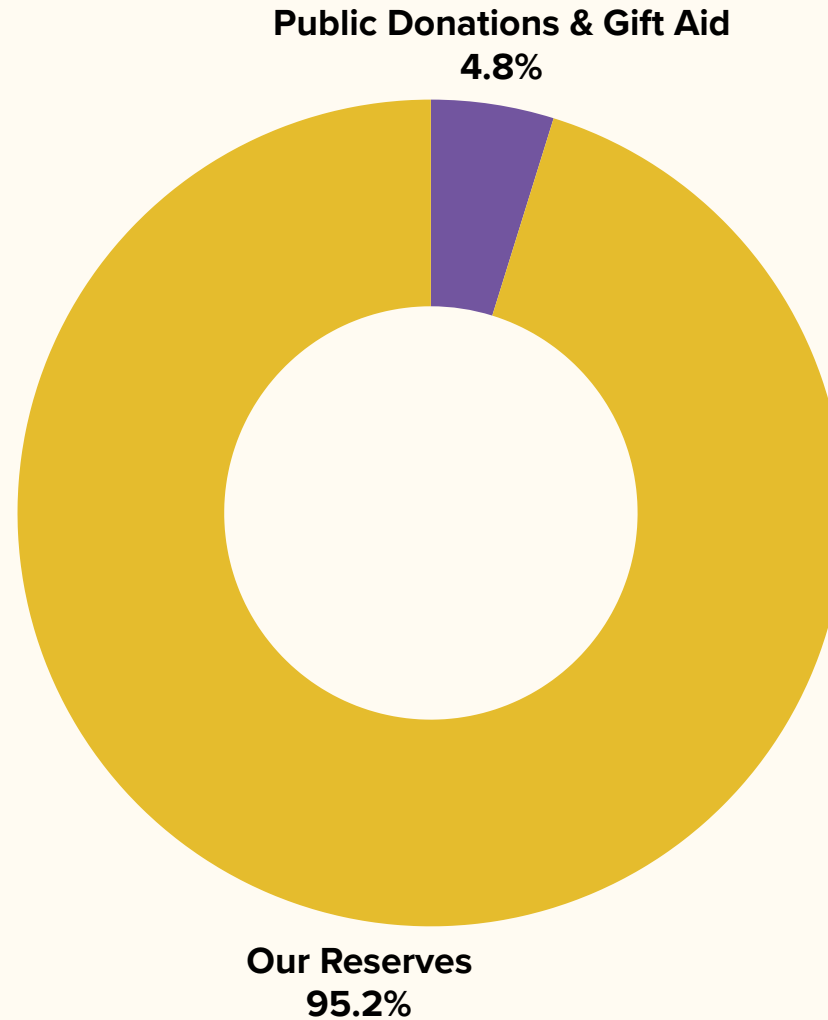
£1514

*To the nearest £

Financial Review

£2206

In available funds (to the nearest £)



Approximately **£2100** of our available funds came from our **reserves** from the previous year

Reserves Policy

The reserves policy has been reviewed and the reserves amount has been increased to £350, an increase of £50 from the previous years to account for rising running costs. This is due to a majority of our charity activities being conducted virtually, e.g.: our website houses a number of free resources and information on how to connect with us. Our workshops are facilitated via zoom or in community spaces, and we use 3rd party interactive platforms which require a fee.

We agree that £350 would be a solid amount to pay for these costs and enable us to continue running effectively and smoothly. This amount will only be spent to pay for website/domain fees and any subscriptions which ensure we are able to maintain an online presence and run our skills workshops. We will continue to review this reserves policy on an annual basis and adjust it accordingly should the trustees feel there is a need for this to change.

The charity has no funds materially in deficit and there are no uncertainties about the charity continuing as a going concern. The trustees are positive we have financial stability and that we are in a strong position to continue working on initiatives to support our beneficiaries.

Structure, Governance & Management

At The Heart was registered as a charity on 8th June 2020.

The charity is constituted as a Foundation Charitable Incorporated Organisation (CIO).
The constitution was adopted 14th March 2020 and last amended 7th June 2020.

Apart from the first charity trustees, every trustee must be appointed for a term of one year by a resolution passed at a properly convened meeting of the charity trustees.

The charity follows a “closed” membership model where the charity trustees are the only voting members and are responsible for making key decisions.

Reference and Administrative details

Charity Name: At The Heart

Registered charity number: 1189831

Charity’s principal address: Flat 33, 41 Grange Walk, London SE1 3DY

Structure, Governance & Management

Charity Trustees	Office (if any)	Dates Acted (if not for whole year)
Blessing Bakare	Chair	
Vanessa Pinto	Treasurer/Vice-Chair	
Deborah Bakare	Secretary	
Ahyeesha Dembele		
Ruth Muleya		
Victoria Bakare		30 July 2024

Structure, Governance & Management

Professional Advisers

Bankers: Metro Bank Plc
1 Southampton Row,
Holborn,
London
WC1B 5HA

Declarations

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

Signed on behalf of the charity's trustees:

Signature 

Full name Blessing Bakare

Position Chair

Date 19 August 2024



Receipts and payments accounts

For the period from	4/7/2023	To	4/6/2024
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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 & Gift Aid	106	-	-	106	5
		-	-	-	-
		-	-	-	-
		-	-	-	-
		-	-	-	-
		-	-	-	-
		-	-	-	-
		-	-	-	-
Sub total (Gross income for AR)	106	-	-	106	5
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	106	-	-	106	5
A3 Payments					
Workshops	18	-	-	18	-
Zoom	144	-	-	144	-
Website	305	-	-	305	195

Branded items for gifting	773	-	-	773	
Gift vouchers	206	-	-	206	4
Meetings	67	-	-	67	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total	1,514	-	-	1,514	199

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

Total payments	1,514	-	-	1,514	199
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Net of receipts/(payments)	- 1,408	-	-	- 1,408	- 194
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	-	-	-	-	-
Cash funds this year end	- 1,408	-	-	- 1,408	- 194

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		-	-	-
		-	-	-
		-	-	-
	Total cash funds	682	-	-

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

Agreement Error

OK

OK

Unrestricted funds

Restricted funds

Endowment funds

to nearest £

to nearest £

to nearest £

Details

B2 Other monetary assets

	-	-	-
	-	-	-
	-	-	-
	-	-	-
	-	-	-
	-	-	-

Details

B3 Investment assets

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

Details

B4 Assets retained for the charity's own use

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

		-	-
		-	-
		-	-

B5 Liabilities

Details	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
BLESSING BAKARE	Blessing Bakare	1/26/2025
VANESSA PINTO	Vanessa Pinto	1/26/2025

AT THE HEART

England & Wales - Charity number 1189831

Accounts



At The Heart

**For the year ended
5 April 2023**

Annual Report
22/23

At The Heart

Report of the trustees for the year ended 5 April 2023

Charity No: 1189831

The trustees of At The Heart present their annual report and audited accounts for the year ended 5 April 2023 and confirm they comply with the requirements of the Charities Act 2011, the charity constitution and the Charities SORP (FRS 102).

Objectives and activities

The object of the CIO is:

To advance in life, relieve needs of and help young adults between the ages of 18 – 30 living in London and its surrounding areas, with a particular focus on young adults from the Black and Minority Ethnic (BME) community, by developing their skills, capacities and capabilities to enable them to participate in society as independent, mature and responsible individuals, and in particular by:

1. advancing education through the provision of information, advice and guidance in areas relating to life, employability and social skills, progression into higher education, career development, citizenship, financial literacy and physical and mental health and well-being;
2. relieving unemployment through hosting workshops and mentorship programmes.

In planning our activities for the year, we kept in mind the Charity Commission's guidance on public benefit at our trustee meetings. The main activities for this year are as follows:

- Virtual Outreach
- Adulting Skills Hub
- Mentorship Scheme

Although our primary focus is to support young adults aged 18 – 30 from racialised backgrounds, we are open to support all young adults regardless of personal background, faith, gender or personal circumstances.

We have referred to the guidance contained in the Charity Commission's general guidance on public benefit when reviewing our aim and objectives and in planning our future activities. In particular, the trustees consider how planned activities will contribute to the aims and objectives they have set.

A review of our achievements and performance:

a) Virtual Outreach

i. Social Media Engagement

In line with the charity objectives, we have been using social media platforms to provide our beneficiaries with information, advice and guidance in areas relating to life, employability and social skills, progression into higher education, career development, citizenship, financial literacy and physical and mental health and well-being.

The charity social media platforms have allowed for outreach work to take place. The charity was able to engage with beneficiaries and communicate with them so as to better understand their needs and provide services virtually. We have invited beneficiaries to share peer advice on our Instagram platform and have encouraged reflective discussions in the comments sections of our posts.

Facebook Reach - 3,887

Instagram Reach - 4,061

ii. At The Heart Website

In line with the charity objectives, the At The Heart website (www.attheheartuk.org) also serves as a platform to provide our beneficiaries with information, advice and guidance. The website is home to free resources (booklets, audios) that beneficiaries can download, as well as a list of relevant services that beneficiaries can be signposted to. The website not only increases visibility for the charity, so that our services reach more of our target group, but it is also essential for showcasing reliability and improving accessibility.

Website analytics suggest that there were 229 unique visitors to the website this financial year.

b) Adulting Skills Hub

In line with the charity objectives, we launched our online Adulting Skills Hub where beneficiaries would be able to access free e-courses, helpful links, downloads and FAQs on topics relating to life skills, employability and social skills. Topics included:

- Taxes
- ISAs
- Networking
- Making friends
- Maintaining friendships
- Sleep hygiene

c) At The Heart Mentorship Scheme

Our mentorship scheme is a key part of At The Heart's mission. Young adults from racialised groups need mentors who can offer advice, challenge, motivate and encourage them to lead happy and successful lives.

The 'At The Heart' Mentorship Scheme was developed with the main objectives of wanting to:

- Provide young adults with an opportunity to tap into a direct source of experience and knowledge
- Empower young adults to make better academic, career and/or personal life choices
- Support young adults to approach new opportunities and challenges with self-confidence and drive
- Support young adults to be able to formulate a clear sense of personal direction

This financial year our second cohort of mentees completed the mentorship programme.

14 mentees were matched with mentors; of those, 10 completed the programme.

Some feedback received from mentees on the programme:

“This scheme has been extremely helpful to me and the work you're doing is extremely important and necessary . Thank you for providing a space for individuals like myself to express, reflect, evolve and grow”

“I have really enjoyed my experience with my mentor and I look forward to more sessions.”

Although a further 14 mentees applied for the next cohort for the mentorship scheme, we were unable to facilitate another mentorship scheme programme during the 2022-2023 financial year due to limited resources.

Financial Review

This financial year, the charity's principal source of funds was grants. We were extremely fortunate to have been awarded a grant of £2,175 from the National Lottery Community Fund just prior to the beginning of this financial year. We received an additional £5 through the Amazon Smile programme.

Our focus is still the same as previous years: to continue to reach as many young adults as possible by providing them with free resources, mentoring and workshops on a variety of relevant topics. During our monthly meetings, we have thoroughly discussed what this 'reach' looks like and have collectively agreed that in this day and age, especially post pandemic, we are able to effectively reach young adults virtually.

The amount we have received in grants is extremely generous and we are grateful to have been considered by the National Lottery Community Fund.

Reserves Policy

Following on from last year, we have reviewed the reserves policy and have decided that the reserves amount will be £300. The reason for this is that the bulk of our activities as a charity is done virtually, e.g.: our website houses a number of free resources and information on how to connect with us. Our free workshops are done via zoom or in community spaces and we use interactive platforms which require a fee, amongst other factors.

We agree that £300 would be a solid amount to pay for these costs and enable us to continue running effectively and smoothly. This amount will only be spent to pay for website/domain fees and any subscription which ensure we are able to maintain an online presence and run our skills workshops. We will continue to review this reserves policy on an annual basis and adjust it accordingly should the trustees feel there is a need for this to change.

The charity has no funds materially in deficit and there are no uncertainties about the charity continuing as a going concern. The trustees are positive we have financial stability and that we're in a strong position to continue working on initiatives which help young adults.

Structure, Governance and Management

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Reference and Administrative details

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Registered charity number: 1189831

Charity’s principal address: Flat 33, 41 Grange Walk, London SE1 3DY

Charity Trustees	Off ce (if any)	Dates Acted (if not for whole year)
Blessing Bakare	Chair	
Vanessa Pinto	Treasurer/Vice-Chair	
Deborah Bakare	Secretary	
Ahyeesha Dembele		
Ruth Muleya		
Evelyn Asihene		
Warden Njandjo		

Professional Advisers

Bankers: Metro Bank Plc
1 Southampton Row,
Holborn,
London
WC1B 5HA

Declarations

The trustees declare that they have approved the trustee’s report above.

Signed on behalf of the charity’s trustees:

Signature 

Full name Blessing Bakare
Position Chair

Date 05 November 2023



CHARITY COMMISSION
FOR ENGLAND AND WALES

At The Heart	1189831
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CC16a

Receipts and payments accounts

For the period from	07/04/2022	To	06/04/2023
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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					
AmazonSmile	5	-	-	5	5
		-	-	-	
		-	-	-	-
		-	-	-	-
		-	-	-	-
		-	-	-	-
		-	-	-	-
		-	-	-	-
		-	-	-	-
		-	-	-	-
AR)	5	-	-	5	5
A2 Asset and investment sales, (see table).					
	-	-	-	-	
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	5	-	-	5	5
A3 Payments					
Workshops	6	-	-	6	
Zoom	144	-	-	144	-
Website	135	-	-	135	195
Southwark Grant Return	1,731	-	-	1,731	

Marketing	25	-	-	25	4
Charity Mobile	10	-	-	10	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total	2,050	-	-	2,050	199

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

Total payments	2,050	-	-	2,050	199
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Net of receipts/(payments)	- 2,045	-	-	- 2,045	- 194
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	-	-	-	-	-
Cash funds this year end	- 2,045	-	-	- 2,045	- 194

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		-	-	-
		-	-	-
		-	-	-
	Total cash funds	-	-	-
	(agree balances with receipts and payments account(s))	Agreement Error	OK	OK

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

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

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

		-	-
--	--	---	---

B5 Liabilities

Details	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
BLESSING BAKARE	Blessing Bakare	04/01/2024
VANESSA PINTO	Vanessa Pinto	04/01/2024

AT THE HEART

England & Wales - Charity number 1189831

Accounts

The image features two hands raised against a solid yellow background. The hand on the left is in a prayer position with fingers together and palm facing forward. The hand on the right is open with fingers spread and palm facing forward. The lighting is soft, highlighting the texture of the skin. A white diagonal shape is present at the bottom left, and a yellow diagonal shape is at the bottom right.

At The Heart

For the year ended
6 April 2022

Annual Report

21/22

At The Heart

Report of the trustees for the year ended 6 April 2022

Charity No: 1189831

The Trustees of At The Heart present their annual report and audited accounts for the year ended 6 April 2022 and confirm they comply with the requirements of the Charities Act 2011, the charity constitution and the Charities SORP (FRS 102).

Objectives and activities

The object of the CIO is:

To advance in life, relieve needs of and help young adults between the ages of 18 – 30 living in London and its surrounding areas, with a particular focus on young adults from the Black and Minority Ethnic (BME) community, by developing their skills, capacities and capabilities to enable them to participate in society as independent, mature and responsible individuals, and in particular by:

1. advancing education through the provision of information, advice and guidance in areas relating to life, employability and social skills, progression into higher education, career development, citizenship, financial literacy and physical and mental health and well-being;
2. relieving unemployment through hosting workshops and mentorship programmes.

In planning our activities for the year, we kept in mind the Charity Commission's guidance on public benefit at our trustee meetings. The main activities for this year are as follows:

- Virtual Outreach
- Mentorship Scheme
- Skill Development Workshops

Although our primary focus is to support young adults aged 18 – 30 from black and minority ethnic backgrounds, we are open to support all young adults regardless of personal background, faith, gender or personal circumstances.

We have referred to the guidance contained in the Charity Commission's general guidance on public benefit when reviewing our aim and objectives and in planning our future activities. In particular, the trustees consider how planned activities will contribute to the aims and objectives they have set.

A review of our achievements and performance:

a) Virtual Outreach

i. Social Media Engagement

In line with the charity objectives, we have been using social media platforms to provide our beneficiaries with information, advice and guidance in areas relating to life, employability and social skills, progression into higher education, career development, citizenship, financial literacy and physical and mental health and well-being.

During the COVID-19 pandemic, the charity social media platforms allowed for outreach work to take place, where the charity was able to engage with beneficiaries, communicate with them so as to better understand their needs and provide services virtually. We have invited beneficiaries to share peer advice on our Instagram platform and have encouraged reflective discussions in the comments sections of our posts.

Peer Advice Project

Beneficiaries were invited to record short clips (which were posted on the charity's Instagram page), sharing advice to their peers on topics related to adulthood, goal setting and managing university. Nine clips were posted in total.

Career & Planning for the Future (Psychology) Project

Psychology professionals were invited to take part in a brief Q&A session on Instagram Live, to inform Black and other ethnic minorities, who may be interested in a career in psychology, about the different psychology career paths available to them. Each panellist was invited to describe their role, talk about their professional journey, and answer some questions from the audience. An additional three psychology professionals, who were unable to attend the live Q&A session, gave the charity permission to post pre-recorded information sessions on our Instagram page.

Heart-to-Heart Project

Mentors were invited to have a "heart-to-heart" conversation with a member of the charity, to discuss topics that affect our beneficiaries. They were given the opportunity to share practical tips, wisdom, and knowledge with the At the Heart community. Three mentors were available to participate in this project and their recorded conversation was posted onto our Instagram page for beneficiaries to access.

12 Days of Christmas

Beneficiaries were invited to engage with the charity through interactive puzzles and activities on our Instagram page during the Christmas season.

Social Media Engagement Achievement*:

Total Instagram Plays: 4245
Total Instagram Views: 666
Total Instagram Likes: 269
Total Instagram Accounts Reached: 5135

**As of 6 April 2022*

ii. At The Heart Website

In line with the charity objectives, the At The Heart website (www.attheheartuk.org) also serves as a platform to provide our beneficiaries with information, advice and guidance. The website is home to free resources (booklets, audios) that beneficiaries can download, as well as a list of relevant services that beneficiaries can be signposted.

The website not only increases visibility for the charity, so that our services reach more of our target group, but it is also essential for showcasing reliability and improving accessibility.

b) At The Heart Mentorship Scheme

This year we completed the mentorship scheme pilot started in 2020/21 and started a second cohort for 2021/22 with a revised approach.

Our mentorship scheme is a key part of At The Heart's mission. Young adults from black and other ethnic minority groups need mentors who can offer advice, challenge, motivate and encourage them to lead happy and successful lives.

The 'At The Heart' Mentorship Scheme was developed with the main objectives of wanting to:

- Provide young adults with an opportunity to tap into a direct source of experience and knowledge
- Empower young adults to make better academic, career and/or personal life choices
- Support young adults to approach new opportunities and challenges with self-confidence and drive
- Support young adults to be able to formulate a clear sense of personal direction

Pilot Scheme (2020/21)

For the pilot scheme, we offered three separate pathways: peer, educational and professional mentorship programmes.

We received 27 mentor (volunteer) applications and 17 mentee (beneficiary) applications.

Of the 27 mentors who applied for the scheme, nine (33.3%) were matched with one or more mentees. Nine (33.3%) of the mentor applicants did not complete the mandatory online training required to ensure that they understand their role as a mentor, understand what is expected from them as a mentor and highlight the skills and attitudes needed to perform well in their role as a mentor. They were therefore unable to volunteer as a mentor for the scheme. Two (7.4%) of the mentors withdrew from the scheme before being matched with a mentee and seven (26%) of the mentees were placed on the reserve list.

Of the 17 mentees who applied for the scheme, 10 (58.8%) were matched with a mentor. Eight (47%) of the mentee applicants dropped out of the scheme at some point before the end of the programme. We were unable to follow-up with many of these applicants, however the few that we were able to get a response from, reported that they no longer required a mentor. We were unable to find a suitable mentor for one of the mentee applicants during the pilot scheme but were able to add them to a 'waiting list' and match them in the 2021/22 mentorship scheme programme.

This cohort had 8 successful mentoring matches.

Monitoring Achievement:

Aimed to analyse the success of the programme at the mid-point (3 months) and the end (six months) of each mentoring relationship. Feedback from mentors and mentees were collected through progress reviews and feedback forms.

Only five of the ten mentoring pairs (50%), completed the mid-point reviews:

At this stage...

100% of the mentees felt that they and their mentor had been working towards the goals outlined in their first session

80% of the mentees felt that their mentor had been addressing all their concerns

100% of the mentees felt that their mentor had been prepared for their mentoring sessions

100% of the mentees felt that their mentor has been providing a positive learning experience

100% of the mentees considered the communication between themselves and their mentor to be very good.

100% of the mentees reported that their experience with their mentor had been very good so far

80% of the mentees reported that their mentor had made themselves available always, whilst 20% reported that their mentor had made themselves available often.

60% strongly agreed that they had learnt a lot from their mentor so far, whilst 40% agreed.

80% of the mentees strongly agreed that their mentor assisted them with their problems, whilst 20% agreed.

80% of the mentees strongly agreed that their mentor was an asset to them, whilst 20% agreed.

60% of the mentees strongly agreed that their mentor provided appropriate feedback, whilst 40% agreed.

100% of the mentees reported that their mentor had demonstrated a reasonable interest/concern towards them

100% of the mentees reported that their mentor's general behaviour and attitude was an example of professionalism

80% of the mentees were very satisfied with the mentoring so far, whilst 20% were very dissatisfied (we are unsure whether this was an error or not, as other feedback seemed to be positive and no additional feedback was provided when prompted).

100% of the mentees wanted to continue their existing mentorship arrangement with their mentor

All mentees and mentors were given feedback on ways to develop or work on their mentoring relationship based on feedback given during the mid-point review.

Only three of the ten mentoring pairs (33.3%), completed the end of scheme reviews/feedback forms:

At this stage...

100% of the mentees felt that they and their mentor had been working towards the goals outlined in their first session

66.6% of the mentees strongly agreed that they and their mentor had achieved the goals outlined in their first session, whilst 33.3% agreed.

100% of the mentees felt that their mentor had been addressing all their concerns

100% of the mentees felt that their mentor had been prepared for their mentoring sessions

100% of the mentees felt that their mentor has been providing a positive learning experience

66.6% of the mentees considered the communication between themselves and their mentor to be good, whilst 33.3% rated it as very good.

100% of the mentees reported that their experience with their mentor had been very good.

100% of the mentees reported that their mentor had made themselves available always.

66.6% agreed that they had learnt a lot from their mentor so far, whilst 33.3% strongly agreed.

66.6% of the mentees strongly agreed that their mentor assisted them with their problems, whilst 33.3% agreed.

66.6% of the mentees strongly agreed that their mentor was an asset to them, whilst 33.3% agreed.

66.6% of the mentees strongly agreed that their mentor provided appropriate feedback, whilst 33.3% agreed.

100% of the mentees reported that their mentor had demonstrated a reasonable interest/concern towards them

100% of the mentees reported that their mentor's general behaviour and attitude was an example of professionalism

100% of the mentees were overall very satisfied with their mentoring relationship

100% of the mentees wanted to continue their existing mentoring relationship with their mentor independently, beyond the mentorship scheme programme.

Our Reflections:

Engagement with the scheme was poorer than expected, with there being an almost 50% drop-out rate. Despite there being a low feedback response, we were able to use the feedback we received from beneficiaries and volunteer mentors to make changes to the structure of the scheme to improve engagement and experience for all applicants.

Mentorship Scheme (2022/23)

Moving forward with this project, we decided to move away from the three-pathway model and offered a more generalised mentorship scheme that allowed mentors and mentees to tailor their mentoring relationship in line with needs more fluently. We also provided mentees with more structure in an attempt to improve engagement rates, by providing an introductory mentees meeting, a mentee handbook and a graduation ceremony.

For this cohort, we received 13 mentor (volunteer) applications – of which four (30.8%) were on the reserve list from the previous cohort and three (23.1%) had been a mentor in the previous cohort. One mentor did not complete the mandatory training and therefore was withdrawn from the programme.

We received 15 mentee (beneficiary) applications – one of which was on the reserve list from the previous cohort. Four (26.7%) of the mentee applicants have dropped out of the mentorship scheme programme so far. All mentee applicants were matched with a mentee.

This cohort had 11 successful mentoring matches by 6 April 2022.

Monitoring Achievement:

As the previous cohort, we expect to analyse the success of the programme at the mid-point (3 months) and the end (six months) of the mentorship scheme. Feedback from mentors and mentees will be collected through progress reviews and feedback forms.

We aim to continue running the mentorship scheme as an on-going project to support our beneficiaries with building meaningful connections for their personal, academic and/or professional development.

c) Skill Development Workshops

We provided free skill-development workshops to young adults (18-25) primarily living in the Borough of Southwark (North Bermondsey and South Bermondsey) from black and minority ethnic backgrounds. This project aimed to focus on providing life skills to a group of society who had been especially affected by disadvantages in accessibility to resources and support.

We received a total of £2,215.50 in funding from Southwark Council's Neighbourhood Funds to deliver this project.

4th September 2021 – 2 hour, in-person Networking Workshop (4 attendees). The workshop involved: providing top tips for networking, support with networking online and in-person, key networking “rules”, practice exercises and beneficiaries were provided with free resources to take-home.

Feedback:

On a scale of 0-5, how would you rate your networking skills?:

**Pre-Workshop: 50% said 3 out of 5, 10% said 2 out of 5, 10% did not respond.
Post-Workshop: 50% said 5 out of 5, 10% said 3 out of 5, 10% said 4 out of 5.**

On a scale of 0-5, how would you rate your networking knowledge?:

**Pre-Workshop: 10% said 3 out of 5, 10% said 1 out of 5, 10% said 4 out of 5, 10% did not respond.
Post-Workshop: 50% said 5 out of 5, 50% said 4 out of 5.**

On a scale of 0-5, how would you rate your networking confidence?:

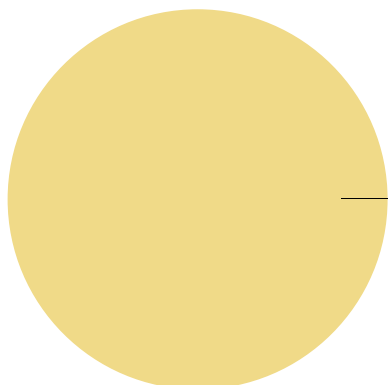
**Pre-Workshop: 50% said 3 out of 5, 10% said 1 out of 5, 10% did not respond.
Post-Workshop: 50% said 5 out of 5, 10% said 3 out of 5, 10% said 4 out of 5.**

**Workshop Usefulness: 75% said 5 out of 5, 25% said 3 out of 5.
Presentation Quality: 50% said 5 out of 5, 50% said 4 out of 5.**



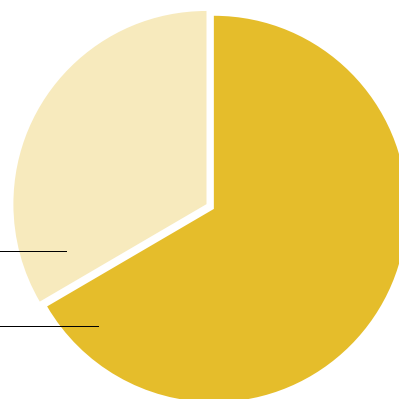
29th December 2021 – 2 hour, online Personal Reflections Workshop (6 attendees). The workshop involved practice self-reflection exercises, support and advice on how to set practical goals and beneficiaries were provided with free resources to use at home.

Feedback:



On a scale of 0-5, how well do you feel you've been able to reflect on the past year?

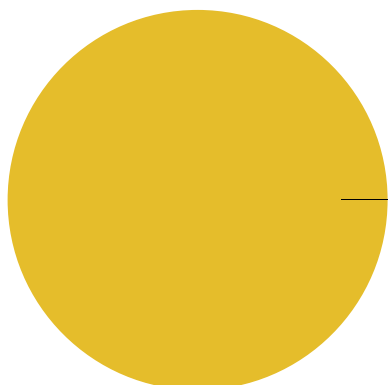
100% said 5 out of 5



On a scale of 0-5, how well do you feel you've been able to plan for the upcoming year?

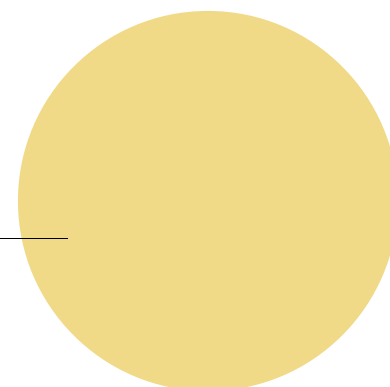
33.3% said 3 out of 5

66.7% said 4 out of 5



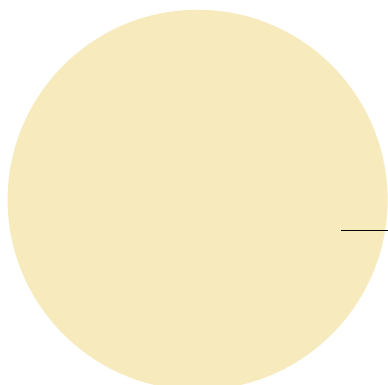
On a scale of 0 to 5, how useful was this workshop for you?

100% said 5 out of 5



On a scale of 0 to 5, overall, how would you rate the presentation of the workshop?

100% said 5 out of 5



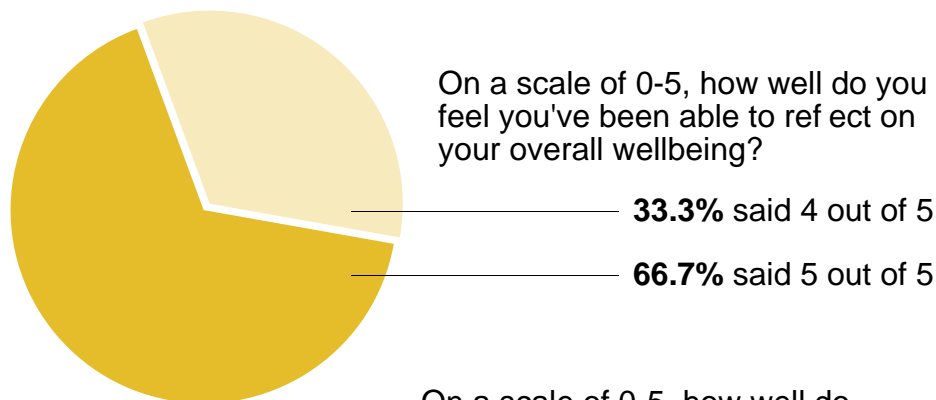
On a scale of 0 to 5, how likely are you to recommend this workshop to someone?

100% said 5 out of 5

100% of respondents said that the workshop met their expectations.

29th January 2022 – 2 hour, online Wellbeing Workshop (8 attendees). The workshop involved practical tips and advice on managing and setting goals for positive physical, mental and social wellbeing. Beneficiaries were provided with free resources to use at home.

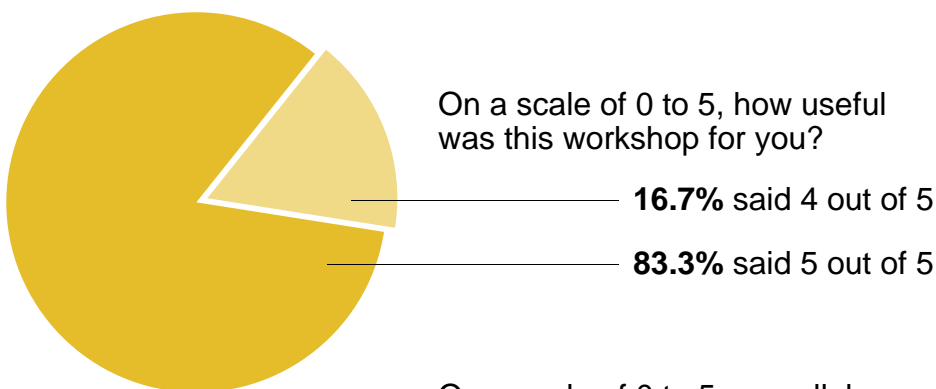
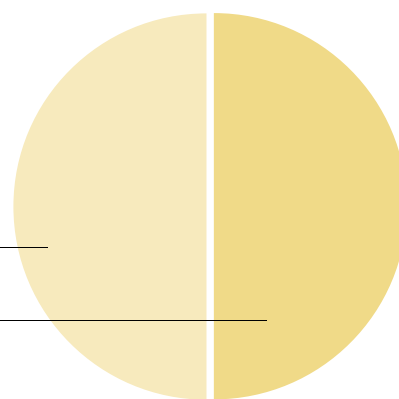
Feedback:



On a scale of 0-5, how well do you feel you've been able to plan for improving your wellbeing?

50% said 4 out of 5

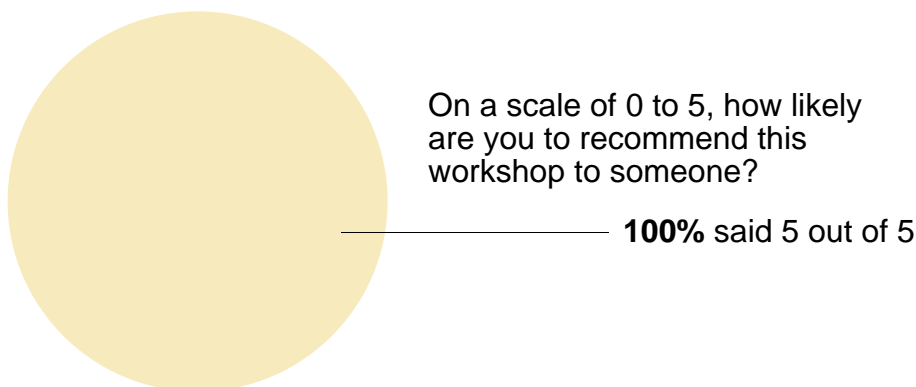
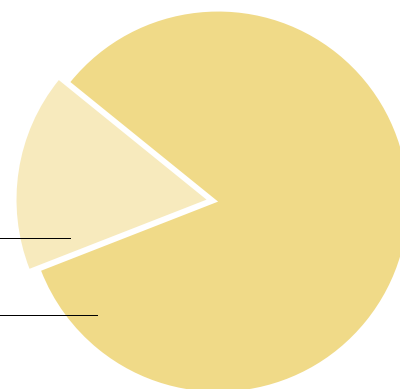
50% said 5 out of 5



On a scale of 0 to 5, overall, how would you rate the presentation of the workshop?

16.7% said 4 out of 5

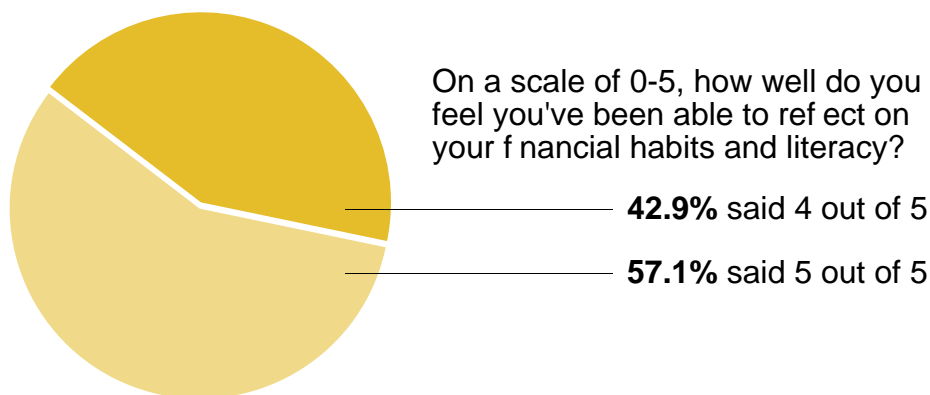
83.3% said 5 out of 5



100% of respondents said that the workshop met their expectations.

26th February 2022 – 2 hour, online Financial Workshop (10 attendees). The workshop involved providing knowledge and advice about savings, debt, credit and investing. Beneficiaries were also provided with free handouts to remind them of their learning.

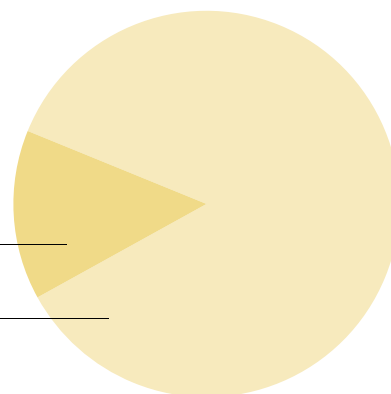
Feedback:



On a scale of 0 to 5, how useful was this workshop for you?

14.3% said 3 out of 5

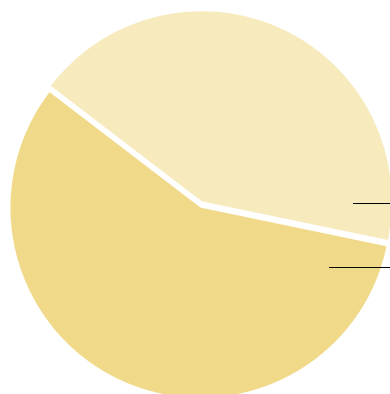
85.7% said 5 out of 5



On a scale of 0 to 5, overall, how would you rate the presentation of the workshop?

42.9% said 4 out of 5

57.1% said 5 out of 5



100% of respondents said that the workshop met their expectations.

Due to the COVID-19 pandemic, many of the planned workshops were cancelled or moved online. We also aimed to host focus groups for beneficiaries to have a space to discuss their current challenges and needs, however we did not go ahead with this due to limited resources and the COVID-19 pandemic.

Monitoring Achievement:

(See feedback responses on previous pages).

Financial Review

This financial year, the charity's principal source of funds was grants. We were extremely fortunate to have been awarded grants from Southwark Council's Neighbourhood Funds (£2,215.50) in October 2021 towards our Skills Development Workshops. We were also awarded £2175.00 in April 2022, for the same project ahead of the next financial year, from The National Lottery Community Fund.

Our focus is still the same as it was in the previous financial year: to continue to reach as many young adults as possible by providing them with free resources, mentoring and workshops on a variety of relevant topics. During our monthly meetings, we have thoroughly discussed what this 'reach' looks like and have collectively agreed that in this day and age, especially post pandemic, we are able to effectively reach young adults virtually.

The amount we have received in grants is extremely generous and we are grateful to have been considered by Southwark councillors and The National Lottery Community Fund.

Reserves Policy

Following on from last year, we have reviewed the reserves policy and have decided that the reserves amount will be £300. The reason for this is that the bulk of our activities as a charity is done virtually, e.g.: our website houses a number of free resources and information on how to connect with us. Our free workshops are done via zoom and we use interactive platforms which require a fee, amongst other factors.

We agree that £300 will be a solid amount to pay for these costs and enable us to continue running effectively and smoothly. This amount will only be spent to pay for website/domain fees and any subscription which ensure we are able to maintain an online presence and run our skills workshops.

We will continue to review this reserves policy on an annual basis and adjust it accordingly should the trustees feel there is a need for this to change.

The charity has no funds materially in deficit and there are no uncertainties about the charity continuing as a going concern. The trustees are positive we have financial stability and that we're in a strong position to continue working on initiatives which help young adults.

Structure, Governance and Management

At The Heart was registered as a charity on 8th June 2020.

The charity is constituted as a Foundation Charitable Incorporated Organisation (CIO). The constitution was adopted 14th March 2020 and last amended 7th June 2020.

Apart from the first charity trustees, every trustee must be appointed for a term of one year by a resolution passed at a properly convened meeting of the charity trustees.

The charity follows a “closed” membership model where the charity trustees are the only voting members and are responsible for making key decisions.

Reference and Administrative details

Charity Name: At The Heart
Registered charity number: 1189831

Charity’s principal address: Flat 33, 41 Grange Walk, London SE1 3DY

Charity Trustees	Office (if any)	Dates Acted (if not for whole year)
Blessing Bakare	Chair	
Vanessa Pinto	Treasurer/Vice-Chair	
Deborah Bakare	Secretary	
Ahyeesha Dembele	Marketing Officer	
Ruth Muleya	Liaison Officer	
Evelyn Asihene	Funding Officer	
Warden Njandjo	Strategy Officer	

Professional Advisers

Bankers: Metro Bank Plc
1 Southampton Row,
Holborn,
London
WC1B 5HA

Declarations

The trustees declare that they have approved the trustee’s report above.

Signed on behalf of the charity’s trustees:

Signature 

Full name Blessing Bakare
Position Chair

Date 26 July 2022



Receipts and payments accounts

For the period from	4/7/2021	To	4/6/2022
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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					
GRANTS	4,391	-	-	4,391	-
DONATIONS	55	-	-	55	581
UNUSED SUBSCRIPTION	28	-	-	28	-
		-	-	-	-
		-	-	-	-
		-	-	-	-
		-	-	-	-
	-	-	-	-	-
Sub total (Gross income for AR)	4,474	-	-	4,474	581
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	4,474	-	-	4,474	581
A3 Payments					
COST OF CHARITABLE ACTIVITIES	244	-	-	244	7
HIRE OF ROOMS	60	-	-	60	-
POSTAGE, STATIONARY & EQUIPMENT	186	-	-	186	-

WEBSITE & EMAIL MAINTENANCE	195	-	-	195	121
NON-STERLING FEES	2	-	-	2	-
MARKETING	4	-	-	4	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total	690	-	-	690	128

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

Total payments	690	-	-	690	128
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Net of receipts/(payments)	3,784	-	-	3,784	453
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	-	-	-	-	-
Cash funds this year end	3,784	-	-	3,784	453

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		-	-	-
		-	-	-
		-	-	-
	Total cash funds	-	-	-

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

Agreement Error

OK

OK

Unrestricted funds

Restricted funds

Endowment funds

to nearest £

to nearest £

to nearest £

Details

B2 Other monetary assets

	-	-	-
	-	-	-
	-	-	-
	-	-	-
	-	-	-
	-	-	-

Details

B3 Investment assets

Fund to which asset belongs

Cost (optional)

Current value (optional)

		-	-
		-	-
		-	-
		-	-
		-	-

Details

B4 Assets retained for the charity's own use

Fund to which asset belongs

Cost (optional)

Current value (optional)

		-	-
		-	-
		-	-
		-	-
		-	-
		-	-

		-	-
		-	-
		-	-

B5 Liabilities

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

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

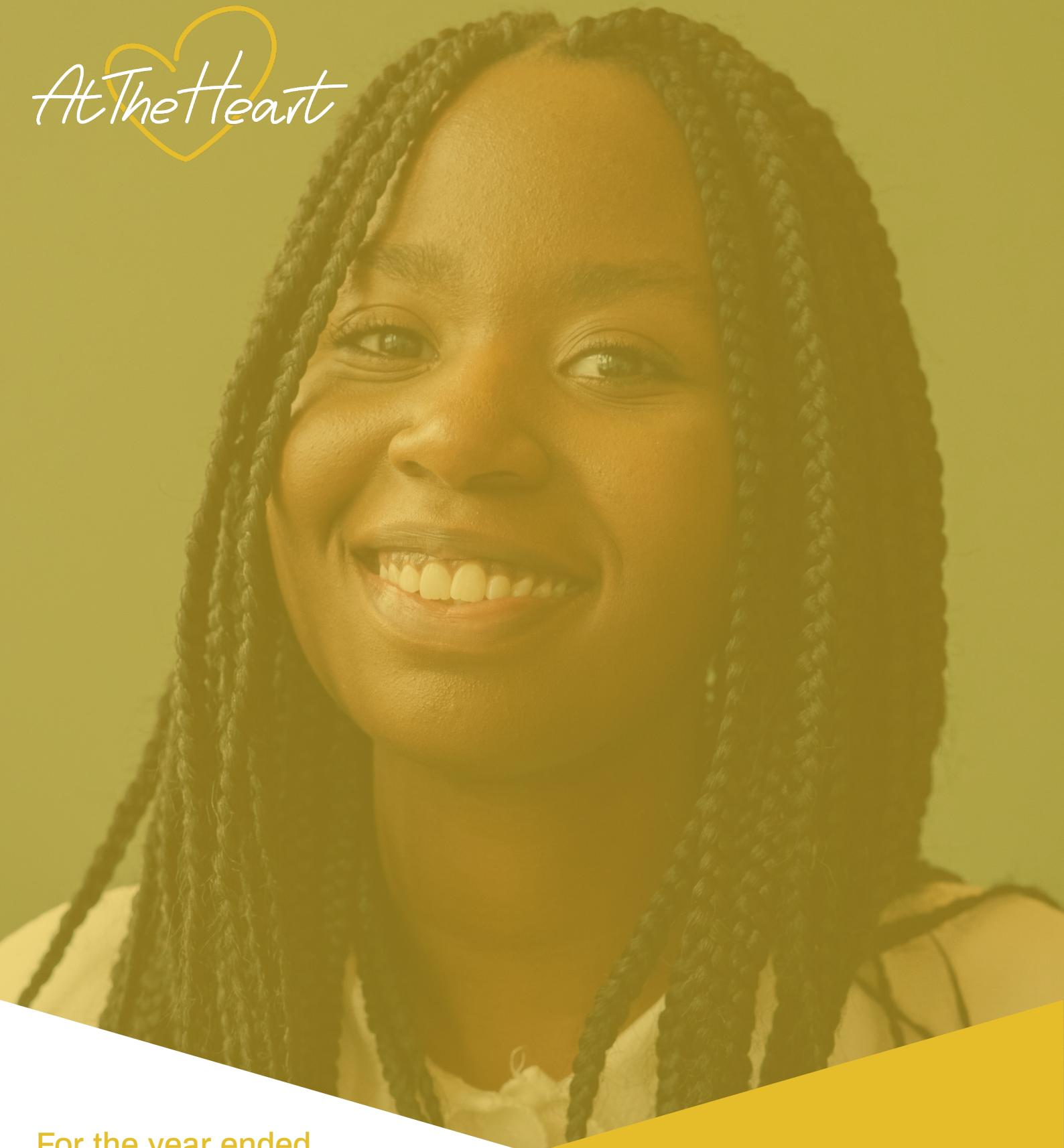
Signature	Print Name	Date of approval
BLESSING BAKARE	Blessing Bakare	7/8/2022
VANESSA PINTO	Vanessa Pinto	7/8/2022

AT THE HEART

England & Wales - Charity number 1189831

Accounts

At The Heart



For the year ended
5 April 2021

Annual Report
20/21

At The Heart

Report of the trustees for the year ended 5 April 2021

Charity No: 1189831

The Trustees of At The Heart present their annual report and audited accounts for the year ended 5 April 2021 and confirm they comply with the requirements of the Charities Act 2011, the charity constitution and the Charities SORP (FRS 102).

Objectives and activities

The object of the CIO is:

To advance in life, relieve needs of and help young people between the ages of 18 - 25 living in London and its surrounding areas, with a particular focus on young people from the Black and Minority Ethnic (BME) community, by developing their skills, capacities and capabilities to enable them to participate in society as independent, mature and responsible individuals, and in particular by:

1. advancing education through the provision of information, advice and guidance in areas relating to life, employability and social skills, progression into higher education, career development, citizenship, financial literacy and physical and mental health and well-being;
2. relieving unemployment through the provision of grants to beneficiaries hoping to start a social enterprise or business, providing volunteering and internship opportunities, hosting networking events, providing mentorship programmes, offering practical support and guidance with graduate role applications and hosting mock interviews.

In planning our activities for the year, we kept in mind the Charity Commission's guidance on public benefit at our trustee meetings. The main activities for this year are as follows:

- At The Heart of Fresher's
- Virtual Outreach
- Mentorship Programme
- Community Awards

Although our primary focus is to support young adults aged 18 – 25 from black and minority ethnic backgrounds, we are open to support all young adults regardless of personal background, faith, gender or personal circumstances.

We have referred to the guidance contained in the Charity Commission's general guidance on public benefit when reviewing our aim and objectives and in planning our future activities. In particular, the trustees consider how planned activities will contribute to the aims and objectives they have set.

A review of our achievements and performance:

a) At The Heart of Fresher's

At the Heart of Fresher's was the first planned project for the charity upon registration with the Charity Commission. Due to lockdown restrictions in place at the time, young adults preparing to start university had limited access to open day events and resources usually available. Trustees of the charity had planned to host a series of virtual workshops to support these young adults with preparing for the start of university. The series of workshops aimed to cover topics such as: networking, wellbeing, money management and employment-study balance.

Although the workshops were advertised through university society groups, social media and other online platforms, there was limited engagement and trustees had felt it was in the charity's best interest to cancel the workshops and reflect on ways to improve engagement with the charity before revisiting this idea.

b) Virtual Outreach

i. Social Media Engagement

In line with the charity objectives, we have been using social media platforms to provide our beneficiaries with information, advice and guidance in areas relating to life, employability and social skills, progression into higher education, career development, citizenship, financial literacy and physical and mental health and well-being.

During the COVID-19 pandemic, the charity social media platforms allowed for outreach work to take place, where the charity was able to engage with beneficiaries, communicate with them so as to better understand their needs and provide services virtually.

We have invited beneficiaries to share peer advice on our Instagram platform, and have encouraged reflective discussions in the comments sections of our posts. Our top post by year's end amassed 1,503 views.

ii. At The Heart Website

In line with the charity objectives, the At The Heart website (www.attheheartuk.org) also serves as a platform to provide our beneficiaries with information, advice and guidance. The website is home to free resources (booklets, audios) that beneficiaries can download, as well as a list of relevant services that beneficiaries can be signposted.

The website not only increases visibility for the charity, so that our services reach more of our target group, but it is also essential for showcasing reliability and improving accessibility.

c) At The Heart Mentorship Scheme

This year we launched a mentorship scheme for our beneficiaries.

Our peer, educational and professional mentorship programmes are a key part of At The Heart's mission. Young adults from black and other ethnic minority groups need mentors who can offer advice, challenge, motivate and encourage them to lead happy and successful lives.

The 'At The Heart' Mentorship Scheme was developed with the main objectives of wanting to:

- Provide young adults with an opportunity to tap into a direct source of experience and knowledge
- Empower young adults to make better academic, career and/or personal life choices Support young adults to approach new opportunities and challenges with self-confidence and drive
- Support young adults to be able to formulate a clear sense of personal direction

By year's end, trustees were pleased to have received 23 applications from individuals volunteering to be mentors and 13 applications from beneficiaries looking for mentors using our scheme.

All mentors who have applied to the scheme are expected to complete an online training session curated by the trustees to ensure that they understand their role as a mentor, understand what is expected from them as a mentor and highlight the skills and attitudes needed to perform well in their role as a mentor. By year's end, 11 (48%) of the mentors had completed the training and had been matched to a mentee or were waiting to be matched.

Monitoring Achievement:

We expect to analyse the success of the programme at the middle (3 months) and the end (six months) of each mentoring relationship. Feedback from mentors and mentees will be collected through progress reviews and feedback forms.

We aim to continue running the mentorship scheme as an on-going project to support our beneficiaries with building meaningful connections for their personal, academic and/or professional development.

d) Community Awards

We awarded one financial award, of £100, to a beneficiary who was nominated by others within the charity's online community for being a source of inspiration and light within their community in 2020. The charity aims to develop the skills, capacities and capabilities of our beneficiaries to enable them to participate in society as independent, mature and responsible individuals, and so trustees of the charity agreed the importance of acknowledging beneficiaries who were demonstrating these skills.

In order to qualify for the award, the charity's online community were asked to nominate a young adult from a black or other ethnic minority background who they felt demonstrated the aforementioned skills and along with a brief description of how.

Eligible nominations were then entered into a random name picker, and the winner of the award was chosen at random.

We aim to be able to fund more financial awards in the future, with the expectation that the charity will have more funds available in order to do so.

Financial Review

The charity's principal source of funds is individual donations through public funding.

At The Heart ends the financial year in an account surplus thanks to donations made by the public. The charity was registered in June 2020, with the aims of supporting young people from black and ethnic minority groups living in London and its surrounding areas. At The Heart envisions to provide these young people with practical, financial and social opportunities which can help them build a better future for themselves.

We expect that our funding streams will come mostly from funding schemes, local councils and donations made by the general public.

At the end of this financial year, the charity will not have reached its first anniversary yet. The current pandemic coupled with the fact we are still very new has meant we have not made much financial progress. Our focus right now is on reaching as many young people as possible by providing them with free resources on a variety of relevant topics (mental & physical health, money management, etc) and more recently we have been developing a mentorship scheme. These activities can be run effectively without great financial costs as they are mostly reliant on volunteering time from mentors and trustees.

Reserves Policy

Due to the aforementioned reasons, for the time being, we believe we do not yet need a structured reserves policy, therefore the amount of reserves held by At The Heart is £0.00. This decision will be reviewed periodically and adjusted accordingly should the trustees feel there is a need for this to change.

The charity has no funds materially in deficit and there are no uncertainties about the charity continuing as a going concern. The trustees are positive we will be able to grow financially over the next year by securing more funding as well as donations so we can continue to work on initiatives which will help young people.

Structure, Governance and Management

At The Heart was registered as a charity on 8th June 2020.

The charity is constituted as a Foundation Charitable Incorporated Organisation (CIO). The constitution was adopted 14th March 2020 and last amended 7th June 2020.

Apart from the first charity trustees, every trustee must be appointed for a term of one year by a resolution passed at a properly convened meeting of the charity trustees.

The charity follows a “closed” membership model where the charity trustees are the only voting members and are responsible for making key decisions.

Reference and Administrative details

Charity Name: At The Heart
Registered charity number: 1189831

Charity’s principal address: Flat 33, 41 Grange Walk, London SE1 3DY

Charity Trustees	Office (if any)	Dates Acted (if not for whole year)
Blessing Bakare	Chair	
Vanessa Pinto	Treasurer/Vice-Chair	
Deborah Bakare	Secretary	
Ahyeesha Dembele	Marketing Officer	
Ruth Muleya	Liaison Officer	
Evelyn Asihene	Funding Officer	
Warden Njandjo		Assigned 26 th January 2021

Professional Advisers

Bankers: Metro Bank Plc
1 Southampton Row,
Holborn,
London
WC1B 5HA

Declarations

The trustees declare that they have approved the trustee’s report above.

Signed on behalf of the charity’s trustees:

Signature 

Full name Position Blessing Bakare
Chair

Date 29 June 2021