



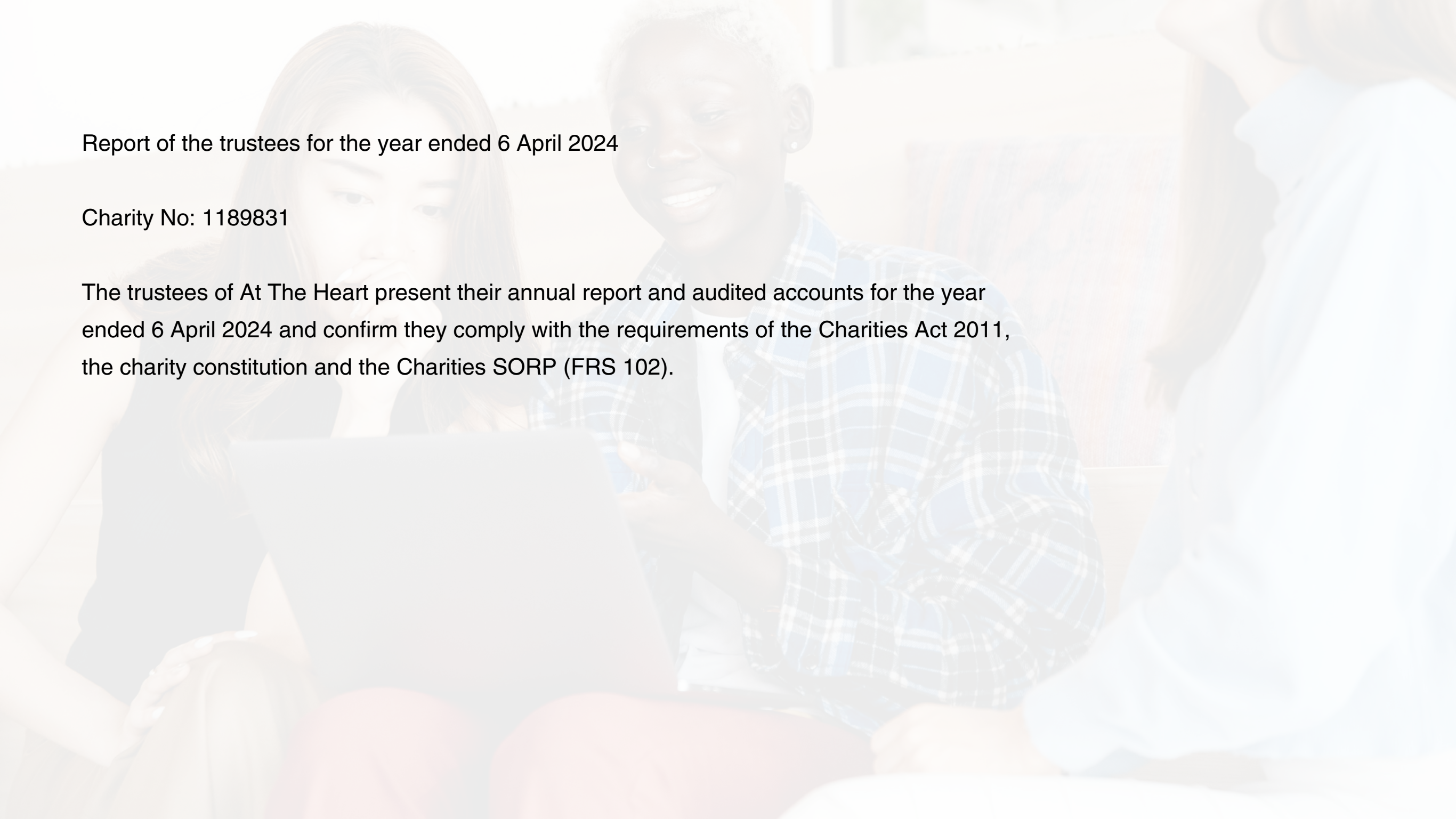
At The Heart  
Charity No. 1189831



# Annual Report 23-24

For the year ended  
6 April 2024

[Read the Report](#)[Learn About Us](#)

A background image showing three people, two women and one man, looking at a laptop screen. The woman on the left has long brown hair and is wearing a dark top. The woman in the middle has short dark hair and is wearing a blue and white plaid shirt. The man on the right is wearing a light blue shirt. They are all smiling and appear to be in a meeting or collaborative work environment.

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

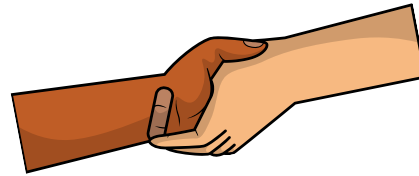
## The object of the CIO is:

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:

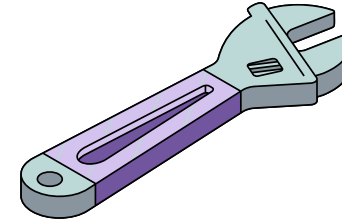
- 1. advancing education through the provision of information, advice and guidance in areas relating to life, employability and social skills, progression into higher education, career development, citizenship, financial literacy and physical and mental health and well-being;
- 2. relieving unemployment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

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FUNDING

**£106**

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SPENT

**£1514**

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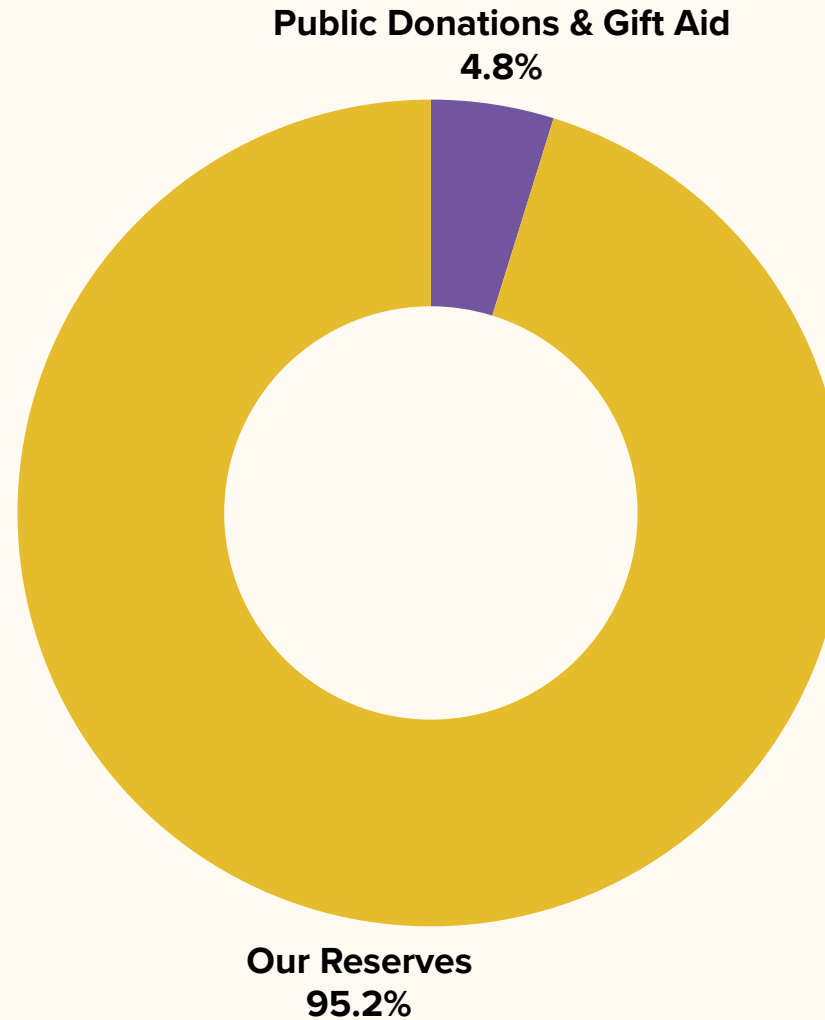
\*To the nearest £

# Financial Review

# £2206

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In available funds (to the nearest £)



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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



CHARITY COMMISSION  
FOR ENGLAND AND WALES

At The Heart	1189831
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## Receipts and payments accounts

CC16a

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 £
<b>A1 Receipts</b>					
Donations & Gift Aid	106	-	-	106	5
		-	-	-	
		-	-	-	-
		-	-	-	-
		-	-	-	-
		-	-	-	-
		-	-	-	-
	-	-	-	-	-
<b>Sub total</b> (Gross income for AR)	106	-	-	106	5
<b>A2 Asset and investment sales, (see table).</b>					
	-	-	-	-	
	-	-	-	-	-
<b>Sub total</b>	-	-	-	-	-
<b>Total receipts</b>	106	-	-	106	5
<b>A3 Payments</b>					
Workshops	18	-	-	18	
Zoom	144	-	-	144	-
Website	305	-	-	305	195

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

<b>A4 Asset and investment purchases, (see table)</b>					
	-	-	-	-	
	-	-	-	-	
<b>Sub total</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>

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

## 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 £
<b>B1 Cash funds</b>		-	-	-
		-	-	-
		-	-	-
	<b>Total cash funds</b>	<b>682</b>	<b>-</b>	<b>-</b>



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

Agreement Error

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**Unrestricted funds**

**Restricted funds**

**Endowment funds**

to nearest £

to nearest £

to nearest £

**Details**

**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**

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

		-	-
		-	-
		-	-

**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	<b>1/26/2025</b>
VANESSA PINTO	Vanessa Pinto	<b>1/26/2025</b>