

Serving Our Superheroes (SOS)

A CHARITABLE INCORPORATED ORGANISATION

CHARITY REGISTRATION NO. 1191410

ANNUAL REPORT AND ACCOUNTS

30 September 2022



Serving Our Superheroes (SOS)
(CHARITY NO. 1191410)

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Serving Our Superheroes (SOS)
TRUSTEES' REPORT
30th September 2022

The Trustees, present their report with the unaudited financial statements of the charity for the period ended 30 September 2022

REFERENCE AND ADMINISTRATION DETAILS

Charity registration number	1191410
Registered Office	10 Glisson Road Uxbridge UB10 0HH
Trustees	<p>The trustees of the charity and its purpose of the charity law, the following Trustees served during the year:</p> <p>Sarah Gardner (Chair & treasurer) Charlotte Houston (Vice-chair) Stephen Gardner (Secretary)</p>
Accountants	STR Associates Ltd Chartered Certified Accountants 239 The Broadway Southall UB1 1ND

OBJECTIVES AND ACTIVITIES

TO RELIEVE PEOPLE IN LONDON, THE SURROUNDING AREA AND INTERNATIONALLY, WHO ARE IN NEED, BY REASON OF THEIR AGE, ILL-HEALTH, DISABILITY, FINANCIAL HARDSHIP OR SOCIAL CIRCUMSTANCES IN SUCH WAYS AS THE TRUSTEES SHALL THINK FIT.

Website <https://www.servingoursuperheroes.co.uk/>



<https://www.facebook.com/servingoursuperheroes>



<https://www.linkedin.com/company/serving-our-superheroes/>

TRUSTEES' REPORT- continued

30th September 2022

Introduction

Serving Our Superheroes started life as a project on 13th April 2020, in response to the Covid pandemic, we registered as a charity on 22nd September 2020 and updated our constitution to become international on 26th September 2021.

This is our 2nd accounting period is up to 30th September 2022. Up to the end of this accounting period (30th September 2022/ after 2 ½ years of operating) we had donated 165, 644 items. And at the time of writing this report, 22nd July 2023, Serving Our Superheroes has been running for just over 3 years and has donated 171,554 items, with an estimated retail value of over 3.5 million pounds (approx. value of the items donated).

We have had some cash donations but have mainly had items donated to us and volunteers have made items on our behalf. We have been able to maximise our funds by purchasing items at a fraction of the retail cost, though our charity suppliers, who have also donated items to us.

MAIN ACTIVITIES UNDERTAKEN FOR THE PUBLIC BENEFIT

Serving Our Superheroes provides items to those in need, from hospital, hospice, and care home patients to the homeless and people in the community suffering from hardship.

We started back in April 2020, during COVID, providing laundry bags (for care workers to put their uniforms in, in the washing machine), to prevent the spread of the infection via uniforms. We then provided washbags/toiletry packs filled with soap, shampoo, shower gel, dental kits, hand gel, shaving kits, moisturisers etc. We have continued to provide the toiletry packs (washbags) but also provide other items including; dementia aids (fiddle/twiddle muffs), emotion dolls, teddies, sanitary items, quilts, blankets, knitted baby hats and cardigans, nappies, wipes and baby wash, toys, sanitary items, larger baby products i.e. mosses baskets, cots, change stations, handmade girls cotton dresses, cotton trousers (for hospital patients), sleeping bags, clothes, shoes, family care packs and more.

We have also provided bespoke care packs. At the request of a local hospital, we provided miscarriage care packs. One hospital was having patients with complex care needs, particularly refugees and were facing a high number of miscarriages.



We have provided family packs for refugees, with toys, toiletries and other essentials. and pallets of shoes for refugees and the homeless

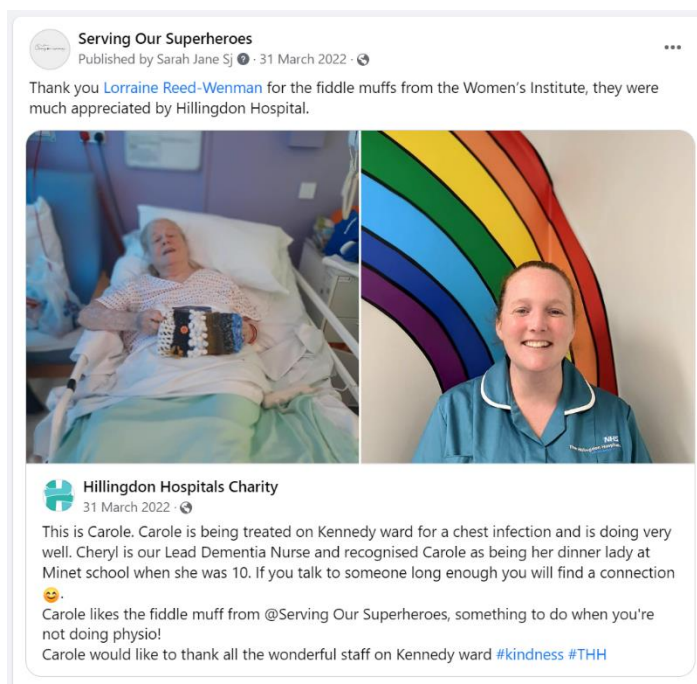
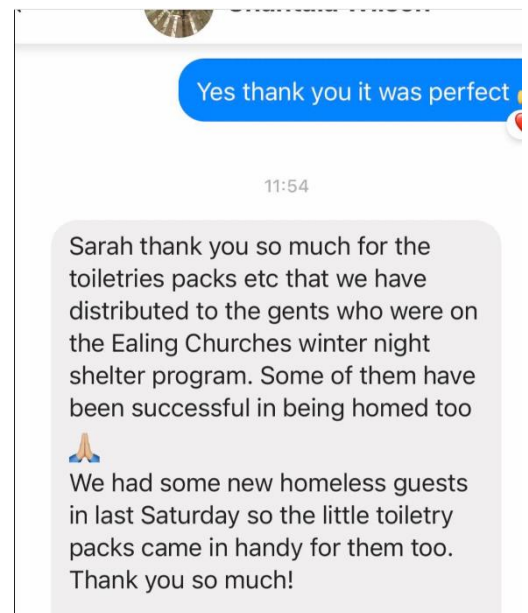
We provided baby kits for families that had arrived with nothing for their babies. We made custom kits with everything that they needed - these included a bowl that could be used to clean the bottles and wash the baby clothes and doubled as a baby bath. Cold water sterilisers, so that the bottles could be sterilised, nappies, blankets, hat, botties, bottle, dummy, vest and clothes for the baby.

We have provided various hampers; we have provided new-born hampers. Bags of items for new mums and Christmas hampers. We also provided luxury make up hampers and we have been providing luxury natural skin care products for hospices.

We have also continued with the project '**Pants for Patients**' & have provided over 1,000 pairs of trousers to 5 different hospitals/ hospices. These are important because many patients arrive in hospital with damaged or unsuitable clothing, the basic hospital gowns are open and so it's hard to move around. So that patients aren't stuck in bed, unisex, drawstring trousers can be made and donated to hospitals. Loose adjustable trousers are great for all sizes and are easy to get on and off. These are great for anyone who has been in an accident and had their clothes damages, for elderly patients and for maternity patients - the loose clothing is perfect to wear around the hospital. Allowing patients to be able to move around with dignity helps to reduce bed sores and muscle wastage.

In partnership with Dress a Girl around the world, we have sent the dresses that our volunteers have made and the dresses Dress A Girl have provided, from their volunteers all around the world.... So far, we have sent dresses to Syria 🇸🇾, Uganda 🇺🇬, Zimbabwe 🇿🇼, Ghana 🇬🇭 and now we have dresses going to Cameroon 🇨🇲 We have also been sending toiletries abroad for the Ukraine refugees 🇺🇦 as well as supporting

the Afghan refugees 🇦🇫 We have sent patterns to Rukiga in Uganda and through the Click Rukiga Youth in Development programme they have themselves made hundreds of dresses and they are supporting themselves and learning new skills.



Michael Sobell Hospice is at **Michael Sobell Hospice**.
52 mins · London · 🌐

Sending huge thanks to [Serving Our Superheroes](#) and [Comfort Zone UK](#) for your generous donations of luxury natural skincare and other goodies to the Michael Sobell Hospice ❤️

They will be greatly enjoyed by the people living with life-limiting illness at our in-patient unit in Northwood.



👍❤️👤 Karen Shields and 7 others



Like



Comment



Share



Harlington Hospice is at **Michael Sobell Hospice**.
47 mins · London · 🌐

Thank you so much to [Serving Our Superheroes](#) and [Comfort Zone UK](#) for your generous donations of luxury natural skincare.

Harlington Hospice's clinical team at the Michael Sobell Hospice can now support the... [More](#)

We
to l
for



Serving Our Superheroes

Published by Sarah Jane Sj · 29 March 2022 · 🌐

...



Hillingdon Hospitals Charity

29 March 2022 · 🌐

This is David. He is a patient on Kennedy Ward. He worked for Cadburys for 25 years. Prior to that he was in the RAF for 5 years and received a medal. He has a sister and two sons in Australia where he has been many times.

He's currently being looked after by our wonderful team on Kennedy ward. You can see them here with the generous gifts provided by [Serving Our Superheroes](#). Thank you Sarah Owen for providing the very useful fiddle muffs and British Airways overnight kits 🙌🙌❤️

#BritishAirways #kindnessmatters

No insights to show ⓘ

Boost a Post



Serving Our Superheroes

Published by Sarah Jane Sj · 30 March 2022 · 🌐

...

Thank you Auli [British Airways](#) for the overnight kits.



Hillingdon Hospitals Charity

30 March 2022 · 🌐

This is Phil, he's being cared for on Franklin ward. Phil worked for the BBC for 23 years working on dramas and Top Of The Pops, which he says was the best job ever. He is very happy with his British Airways overnight kit from [Serving Our Superheroes](#), thanks Sarah Owen for supplying us with really helpful things.

Sui Sui is the ward manager on Franklin, she's just lovely 💙💛, all our staff are amazing 🙌🙌



No insights to show ⓘ

Boost a Post



Hillingdon Hospitals Charity
8 March 2022 · 🌐

Staff on Beaconsfield East ward are very grateful for a range of clothes donated by [Serving Our Superheroes](#). Elderly patients often come in without extra clothes and staff struggle to find extra items, so Sarah Owen at Serving Our Superheroes again rose to the challenge. Thank you Sarah, and thank you Mrs Shah for sewing hundreds of pairs of comfy trousers for our patients. 🙏❤️

UNITED REFORMED CHURCH
Contact Secretary: John Miller
Tel: 01895 904556
Administrator: Sholie D'Arcy
Tel: Church: 01895 634280

ST GILES' CHURCH OF ENGLAND
Rector: The Revd Felicity Davies
The Rectory, 18 Swalesley Road
Ickenham, UB10 1BB
Tel: Church 01895 622971



Ickenham Church News

KEEP ICKENHAM SAFE

Care for each other!

FRESH AIR

Ickenham URC covenanted with St Giles' Church of England



February 2022

March 2022

CLICKRUKIGA

Community Links between ICKENHAM and RUKIGA in Uganda

DRESSING THE WORLD DURING COVID



ClickRukiga – Buhaigizi are expanding their youth development, and are teaching people sewing skills and ClickRukiga have been supplying the material, so that they can make dresses themselves.

The dresses are simple and easy to make and will last a long time, due to the simple and adjustable design. By giving them resources and appropriate skills, it is allowing them to be sustainable and make dresses for many years to come.

The dresses are more than just dresses, they are life skills; and they give hope and provide opportunities for girls to go to school and to have dignity.

Third world countries have been particularly affected by COVID as poverty is very severe, there isn't the same medical support, or the same numbers of people being vaccinated, so the loss of life is greater. Many family members have lost the main earner and with strict lockdowns still in place in many countries, the women can't sell items at the markets. So providing dresses and masks really is essential. Having more than one dress also helps with hygiene and by being able to cover up, it gives the girls some level of protection and confidence.

This started back in May 2021 when Jacqui, from Dress A Girl Around the World, contacted Sarah (they had both been involved in For the Love of Scrubs). Dress A Girl had been unable to send their dresses abroad due to travel restrictions in the UK and had offered some dresses to Sarah's charity, Serving Our Superheroes. Sarah had, at the time, been providing school uniforms and clothes to families who had been struggling financially due to COVID and furlough.

Jacqui told Sarah about the charity and mentioned she had



lots of dresses. Sarah continued to give the dresses out during the summer in the UK, as well as using her network to facilitate the dresses going abroad.

Serving Our Superheroes have provided hundreds of dresses and Dress A Girl have provided over 300 dresses, which have been handmade and sent to Jacqui from volunteers all over the country, which are being sent to an orphanage in Ghana.

So far, the partnership has sent over 1,500 dresses to various third world countries in the last year including Syria, Ghana and Zimbabwe.

Working with Ealing Community Aid, One Nation, Creating Better Futures and now, ClickRukiga (Sarah is also on their committee), to send patterns for masks and dresses and material ClickRukiga have purchased for the Ugandans.

As well as the team at Dress A Girl making dresses and receiving them from their volunteers, the seamstresses who have been volunteering for Serving Our Superheroes making washbags and laundry bags have also been making dresses. It is a great partnership that has seen many dresses being sent abroad.



Links for further information and donations:

www.facebook.com/servingoursuperheroes

www.dressagirlaroundtheworlduk.co.uk

www.servingoursuperheroes.co.uk

SARAH JANE GARDNER

Editor: Jim Lee Email: editor@ickenhamchurchnews.co.uk Visit ICN Online at: www.ickenhamchurchnews.co.uk

For events: Submit online at www.ickenhamchurchnews.co.uk For advertising: advertising@ickenhamchurchnews.co.uk or 07789 900048

Donations: c/o Alison Summerfield at The Office, St Giles' Church, Ickenham, UB10 1BG

Ickenham URC at: www.ickenhamurc.org.uk St Giles' at: www.stgileschurch.co.uk

Published by Sarah Owen on 2 January 2022

Congratulations to the parents of baby Matthew.



 Hillingdon Hospitals Charity
2 January 2022 · 🌐

FIRST NEW YEAR BABY IS A BOY! 🥰👶

Newborn Matthew was the first baby born in our Maternity unit in 2022. Here he is with mum and dad and the delivery team of Danya Qureshi and Lauren Salmon.

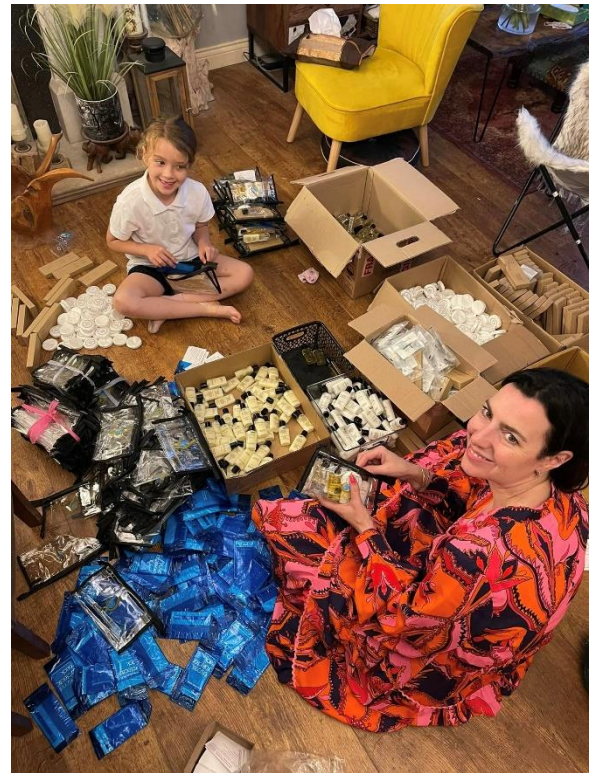
Congratulations!!! 🥳

Thank you to Sarah Owen [Serving Our Superheroes](#) for providing the newborn hampers 🙏💙

No insights to show ⓘ

Boost a Post





Serving Our Superheroes
Published by Sarah Jane SJ · 31 October 2021 ·

Serving Our Superheroes is getting ready for Christmas, when we will be giving some Christmas cheer to families in need.





Where we have helped

Hospitals

- Hillingdon hospital
- Harefield Hospital
- Mount Vernon Hospital
- Northwick Park Hospital
- Ealing Hospital
- Queen Charlotte Hospital
- Chelsea and Westminster Hospital
- Stoke Mandeville Hospital
- High Wycombe Hospital
- Wexham Park Neonatal Department
- John Radlett Hospital

Hospices

- The Michael Sobel Hospice
- The Harlington Hospice
- The Alexander Devine Hospice

Domestic violence charities

- Domestic Abuse survivors
- Refuge

Homeless

- St John's Parish Centre, Southall
- Help the Homeless Hillingdon
- The London Community Kitchen
- Shower Box
- The Open Kitchen
- Olympic House / Trinity Housing
- SHOC – Slough Homeless Our Concern
- St Mungo's
- Ealing Soup Kitchen
- Ealing churches Winter Night Shelter Program / Our Lady of the Visitation Greenford
- Creating Better Futures

Food banks

- Hounslow Community Food Box
- Yiewsley food bank
- Uxbridge Food Bank
- The Good Shepherd Church and Foodbank
- Hounslow West Church

Other

- The Hillingdon Dementia Action Alliance
- Care of Calais
- The Afghan and Central Asian Association
- The Ukraine Centre
- Bell Farm Christian Centre
- The Disability Network Hounslow
- Care Leavers Hounslow
- CAME Woman and Girls
- One Nation
- Orphanage in Ghana
- Deborah's Food Charity
- Give and Share (Harefield)
- Unity Grove (Ladbroke Grove)
- Anika Food Charity
- The Salvation Army
- Baby Basics Barnet

With thanks to

Our wonderful ladies who sew for us, or have sewn for us in the past

- Pearl Parma
- Lorraine Reed-Wenman and the Woman's Institute
- Brenda Udall
- Krystyna Hewitt

A special thank you to Mrs Bhanumati Ratilal Shah

And her friends;

Prahaben Kishore

Sushilaben Kantilal

Jayben Ashwin

They have made hundreds of laundry bags and trousers and thousands of washbags for our toiletries.

Thank you to the companies and individuals supporting us;

- British Airways
- InKind Direct
- A&T Amenities
- Toiletries Amnesty
- Comfort Zone UK

- Johnson and Johnson
- Carol @ The Baby Shop (Hillingdon)
- Suzy Jakeman at the London the Community Kitchen
- Siobhan and friends
- The Treaty Centre Hounslow
- Inspire Hounslow
- Masonic Charitable Foundation (Middlesex Provisional Relief Fund) & Masonic Ickenham St Giles Lodge

Thank you to Dress a Girl, around the world (UK) for our charity partnership.

Thank you to everyone who has donated.

If anyone would like to donate – the donation page is as seen below

<https://gofund.me/954d1572>

Approved by the board and signed on its behalf by:

A handwritten signature in black ink, appearing to read 'Sarah Gardner', written in a cursive style.

Sarah Gardner

Trustee

22 July 2023

Serving Our Superheroes (SOS)
(CHARITY NO. 1191410)

Serving Our Superheroes (SOS)
Statement of Financial Activities
for the period ended 30 September 2022

		Unrestricted Funds	Total Funds
		2022	2021
		£	£
Income and endowments from:	Notes		
Donations and legacies	2	3,876	6,407
Total		3,876	6,407
Expenditure on:			
Charitable activities	4	870	3,434
Other	5	3,684	2,617
Total		4,554	6,052
Net gains on investments		-	-
Net Income		-678	355
Transfer between funds		-	-
Net Income before other gains/(losses)		-678	355
Other gains and losses		0	0
Net movement in funds		-678	355
Reconciliation of funds:			
Total funds carried forward		-678	355

Serving Our Superheroes (SOS)
(CHARITY NO. 1191410)

Serving Our Superheroes (SOS)
Balance sheet

at 30 September 2022

	Notes	2022 £	2021 £
Current assets			
Debtors	7	-	-
Cash at bank and in hand		366	895
		<u>366</u>	<u>895</u>
Creditors: Amount falling due within one year	8	-689	-540
Net current assets		<u>-323</u>	<u>355</u>
Total assests less current liabilities		<u>-323</u>	<u>355</u>
Net assets excluding pension asset or liability		<u>-323</u>	<u>355</u>
Total net assets		<u><u>-323</u></u>	<u><u>355</u></u>
The funds of the charity			
Unrestricted funds	9		
Unrestricted income funds		-323	355
		<u>-323</u>	<u>355</u>
Unrestricted funds	9		
Reserves	9		
Total funds		<u><u>-323</u></u>	<u><u>355</u></u>

These accounts have been prepared in accordance with the special provisions of part 15 of the Companies Act 2006 relating to small compaies.

For the period ended 30 September 2021 the company was entitled to exemption under section 477 of the Companies Act 2006 relating to small companies.

The members have not required the company to obtain an auit in accordance with section 476 of the Companies Act 2006.

The directors acknowledge their responsibilities for complying with the requirements of the Companies Act 2006 with respect to accounting records and the preparation of accounts.

Approved by the board on 22 July 2023

And signed on its behalf by:



Sarah Gardner
Trustee
22 July 2023

Serving Our Superheroes (SOS)
(CHARITY NO. 1191410)

NOTES TO THE ACCOUNTS
30 September 2022

1 Accounting Policies

Basis of preparation

The financial statements have been prepared in accordance with Accounting and Reporting by Charities: Statement of Recommended Practice applicable to the charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2015) – (Charities SORP (FRS 102)), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Companies Act 2006.

Change in basis of accounting or to previous accounts

There have been no changes to the accounting policies (valuation rules and method of accounting) since last year and no changes have been made to the accounts for previous years.

Fund Accounting
Unrestricted Funds

These are available for use at the discretion of the trustees in furtherance of the general objects of the charity.

Income
Recognition of
Income

Income is included in the statement in the Statement of Financial Activities (SoFA) when the charity becomes entitled to, and virtually certain to receive, the income and the amount of the income can be measured with sufficient reliability.

Donations and
legacies

Voluntary income has received by way of donations and gifts is included in the SoFA when receivable and only when the charity has unconditional entitlement to the income.

Tax reclaims on
donations and gifts

Income from tax reclaims in income in the SoFA at the same time as the gift/donation to which it relates.

Donated services
and facilities

These are only included in income (with an equivalent amount in expenditure) where the benefits to the Charity is reasonably quantifiable, measurable and material.

Volunteer help

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

Expenditure Recognition of expenditure	Expenditure is recognised on an accrual's basis. Expenditure includes any VAT which cannot be fully recovered and is reported as part of the expenditure to which it relates.
Expenditure on charitable activities	These comprise the costs incurred by the Charity in the delivery of its activities and services in the furtherance of its objects, including the making of grants and governance costs.
Governance costs	These include those costs associated with meeting the constitutional and statutory requirements of the Charity, including any audit/independent examination fees, costs linked to the strategic management of the Charity, together with a share of other administration costs.
Other expenditure	These are support costs not allocated to a particular activity.

Taxation

The charity is exempt from corporation tax on its charitable activities.

Trade and other debtors

Trade and other debtors are recognised at the settlement amount due after any trade discount offered. Prepayment are valued at the amount prepaid net any trade discounts due.

Cash and cash equivalents

Cash and cash equivalents comprise cash at bank and on hand, demand deposits with banks and other short-term highly liquid investments with original maturities of three months or less and bank overdrafts. In the statements of financial position, bank overdrafts are shown within borrowings or current liabilities. In the Statement of Cash Flows, cash and cash equivalents are shown net of bank overdrafts that are repayable on demand and form an integral part of the company's cash management.

Trade and other creditors

Short term creditors are measured at the transaction price. Other creditors and provisions are recognised where the charity has a present obligation resulting from a past event that will probably result in the transfer of funds to a third party and the amount due to settle the obligation can be measured or estimated reliably. Creditors and provisions are normally recognised at their settlement amount after allowing any trade discounts due.

2 Income from donations and legacies

Unrestricted	Total
2022	2021
£	£
3,876	6,407
<u>3,876</u>	<u>6,407</u>

3 Expenditure on charitable activities

	Unrestricted	Total
	£	2021
		£
Expenditure on charitable activities		
Charity goods	870	3,434
	<u>1,009</u>	<u>3,434</u>

4 Other expenditure

	Unrestricted	Total
	£	2021
		£
General administrative costs	3,144	2,077
Legal and professional costs	540	540
	<u>3,684</u>	<u>2,617</u>

5 Creditors:

amount falling due within one year

	2022
	£
Accruals and deferred income	540
	<u>540</u>

6 Movement in funds

	Incoming resources (including other gains/losses)	Resources expended	At 30 September 2022
	£	£	£
Unrestricted funds:			
Unrestricted income funds:	3,876	(4,554)	(678)
	<u>3,876</u>	<u>(4,692)</u>	<u>(678)</u>

Serving Our Superheroes (SOS)
(CHARITY NO. 1191410)

Serving Our Superheroes (SOS)
Detailed Statement of Financial Activities
for the period ended 30 September 2022

	Unrestricted funds 2022 £	Total funds 2021 £
Income and endowment from:		
Dotnations and legacies	3,876	6,407
	<u>3,876</u>	<u>6,407</u>
Expenditure on:		
Charitable activities		
Charity goods	870	3,434
	<u>870</u>	<u>3,434</u>
Total of expenditure on charitable activities	870	3,434
General administrative costs		
Subscriptions and awards	1,655	1,288
Insurance	112	112
Postage and stationery	250	143
Website	50	89
Travel	1,076	445
	<u>3,144</u>	<u>2,077</u>
Legal and professsional costs		
Accountancy fees	540	540
	<u>540</u>	<u>540</u>
Total of expenditure of other costs	3,684	2,617
Total expenditure	4,554	6,051
Net income		
Net income	-678	355
Other Gains	-	-
Net movement in funds	- 678	355