

NORTH ESSEX SUPPORT TEAM (N.E.S.T) CIO
ANNUAL REPORT AND UNAUDITED FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MAY 2022

NORTH ESSEX SUPPORT TEAM (N.E.S.T) CIO

LEGAL AND ADMINISTRATIVE INFORMATION

Trustees

P Morrison
K Warner

Charity number

11915292

Independent examiner

Michael Greene BSc FCCA
c/o Streets Whittle & Partners LLP
The Old Exchange
64 West Stockwell Street
Colchester
Essex
CO1 1HE

NORTH ESSEX SUPPORT TEAM (N.E.S.T) CIO

CONTENTS

	Page
Trustees' report	1 - 3
Statement of trustees' responsibilities	4
Independent examiner's report	5
Statement of financial activities	6
Balance sheet	7
Notes to the financial statements	8 - 14

NORTH ESSEX SUPPORT TEAM (N.E.S.T) CIO

TRUSTEES' REPORT

FOR THE YEAR ENDED 31 MAY 2022

The trustees present their annual report and financial statements for the year ended 31 May 2022.

The financial statements have been prepared in accordance with the accounting policies set out in notes to the financial statements and comply with the CIO's governing document, the Charities Act 2011 and "Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)" (effective 1 January 2019).

Objectives and activities

Nest is a charity which focuses on direct action to support people and families living with poverty, poor mental health, domestic abuse, homelessness, illness, Dementia, age and infirmity.

Our very first promise to those we help and those that support us is – 'We never Judge'. That is not our role. We are very much a get on and help, rather than a campaigning charity.

Our core aim is to source used furniture, white goods, kitchen implements generally all destined for landfill. We collect and store them, quickly delivering them to families in need completely free of charge.

Public benefit

The trustees have paid due regard to guidance issued by the Charity Commission in deciding what activities the charity should undertake.

NORTH ESSEX SUPPORT TEAM (N.E.S.T) CIO

TRUSTEES' REPORT (CONTINUED)

FOR THE YEAR ENDED 31 MAY 2022

Achievements and performance

Significant activities and achievements against objectives

This year we have given cots and beds to families where children were sleeping on the floor and replaced beds for elderly and vulnerable people where illness or dementia has led to severe soiling. We have delivered pre loved cookers, washing machines, fridges and freezers to families who have been existing without one, along with kettles, toasters, TV's, microwaves, crockery, cutlery, saucepans, towels and bedding.

We have moved furniture to allow people to be released from hospital and created room for hospital beds to support palliative patients. We have delivered furniture for families being moved from bed and breakfast into homes.

COVID-19 had a huge impact on our charity and made the need for our services more prevalent than ever with families locked down in poorly furnished properties without any support.

Finally, by partnering with local children's charities, we have sourced and delivered toys, games, pens paper and crafting kit - ONE BEAUTIFUL DAY FREE OF POVERTY! This year we supported 140 families with hampers including Christmas day breakfast, lunch and dinner plus chocolates, sweets and treats, We collected new toys which we wrapped and bagged for every child and we gave every family £20 for gas and electric so they were warm and could cook the food we gave to them - in short, as near as possible to the Christmas day I would be enjoying too. We even added sanitary products for teenage girls, toilet rolls, soap, shampoo and shower gel. We launched the Christmas Hamper scheme after we were approached by a school welfare officer who had 3 families in their school for which there would be no presents at Christmas and very little food; we were stunned, this was 2022 in our community, in Britain!

In addition to our hampers, this year through NEST we asked each of our recipients if they had a cooker, fridge freezer, plates, cutlery and saucepans. We were once again shocked by their replies. We had several requests for fridges, freezers, crockery and saucepans which we were able to supply through our stock. Most upsetting was seven requests for a cooker - seven families who had no working cooker in their home and no way to cook wholesome, healthy meals for their children.

This is just a snap shot of our year; we have also run 'Winter warmers' initiatives giving over 100,000 items of preloved winter clothing, shoes, boots and bedding to families living in poverty. We have helped victims of domestic abuse, cooked and delivered over 5,000 free meals to elderly and vulnerable people in our town, created a free Santa's Grotto for children in poor families, helped with cash for electric/gas, organised and 'Run, Walk, and Talk' for people recovering or suffering from mental illness and organised 'Cooking for people with Dementia'.

NORTH ESSEX SUPPORT TEAM (N.E.S.T) CIO

TRUSTEES' REPORT (CONTINUED)

FOR THE YEAR ENDED 31 MAY 2022

Financial review

Reserves policy

It is the policy of the charity that unrestricted funds which have not been designated for a specific use should be maintained at a level equivalent to between three and six month's expenditure. The trustees consider that reserves at this level will ensure that, in the event of a significant drop in funding, they will be able to continue the charity's current activities while consideration is given to ways in which additional funds may be raised. This level of reserves has been maintained throughout the year.

Structure, governance and management

The Association is a Charitable Incorporated Organisation (CIO), subject to the provisions of its Constitution.

The trustees who served during the year and up to the date of signature of the financial statements were:

P Morrison

K Warner

Recruitment and appointment of trustees

Recruitment is advertised via social media. The NEST committee understand as part of its constitution it is required to have 3 trustees at all times and is taking action to ensure this is implemented in practice.

In future NEST committee will extend the reach of its trustee recruitment by advertising at local events, updating it's website and continuing its drive on social media.

None of the trustees has any beneficial interest in the CIO. All of the trustees are members of the CIO and guarantee to contribute £1 in the event of a winding up.

The trustees' report was approved by the Board of Trustees.

P Morrison

Trustee

24 November 2024

NORTH ESSEX SUPPORT TEAM (N.E.S.T) CIO

STATEMENT OF TRUSTEES' RESPONSIBILITIES

FOR THE YEAR ENDED 31 MAY 2022

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

The law applicable to charities in England and Wales requires the trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charity and of the incoming resources and application of resources of the charity for that year.

In preparing these financial statements, the trustees are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charities SORP;
- make judgements and estimates that are reasonable and prudent;
- state whether applicable accounting standards have been followed, subject to any material departures disclosed and explained in the financial statements; and
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in operation.

The trustees are responsible for keeping sufficient accounting records that disclose with reasonable accuracy at any time the financial position of the charity and enable them to ensure that the financial statements comply with the Charities Act 2011, the Charity (Accounts and Reports) Regulations 2008 and the provisions of the trust deed. They are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

NORTH ESSEX SUPPORT TEAM (N.E.S.T) CIO

INDEPENDENT EXAMINER'S REPORT

TO THE TRUSTEES OF NORTH ESSEX SUPPORT TEAM (N.E.S.T) CIO

I report to the trustees on my examination of the financial statements of North Essex Support Team (N.E.S.T) CIO (the charity) for the year ended 31 May 2022.

Responsibilities and basis of report

As the trustees of the charity you are responsible for the preparation of the financial statements in accordance with the requirements of the Charities Act 2011 (the 2011 Act).

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

Independent examiner's statement

Your attention is drawn to the fact that the charity has prepared financial statements in accordance with Accounting and Reporting by Charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) in preference to the Accounting and Reporting by Charities: Statement of Recommended Practice issued on 1 April 2005 which is referred to in the extant regulations but has now been withdrawn.

I understand that this has been done in order for financial statements to provide a true and fair view in accordance with Generally Accepted Accounting Practice effective for reporting periods beginning on or after 1 January 2015.

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

- 1 accounting records were not kept in respect of the charity as required by section 130 of the 2011 Act; or
- 2 the financial statements do not accord with those records; or
- 3 the financial statements do not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a true and fair view which is not a matter considered as part of an independent examination.

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

Michael Greene BSc FCCA

c/o Streets Whittle & Partners LLP
The Old Exchange
64 West Stockwell Street
Colchester
Essex
CO1 1HE

Dated: 24 November 2024

NORTH ESSEX SUPPORT TEAM (N.E.S.T) CIO

STATEMENT OF FINANCIAL ACTIVITIES INCLUDING INCOME AND EXPENDITURE ACCOUNT

FOR THE YEAR ENDED 31 MAY 2022

		Unrestricted funds 2022 £	Restricted funds 2022 £	Total 2022 £	Unrestricted funds 2021 £	Restricted funds 2021 £	Total 2021 £
	Notes						
Income from:							
Donations and legacies	3	79,205	-	79,205	44,853	42,852	87,705
		<u> </u>	<u> </u>	<u> </u>	<u> </u>	<u> </u>	<u> </u>
Total income		79,205	-	79,205	44,853	42,852	87,705
Expenditure on:							
<u>Charitable activities</u>							
Charitable activities	4	50,352	11,565	61,917	11,163	31,287	42,450
		<u> </u>	<u> </u>	<u> </u>	<u> </u>	<u> </u>	<u> </u>
		<u> </u>	<u> </u>	<u> </u>	<u> </u>	<u> </u>	<u> </u>
Total expenditure		50,352	11,565	61,917	11,163	31,287	42,450
		<u> </u>	<u> </u>	<u> </u>	<u> </u>	<u> </u>	<u> </u>
Net income/(expenditure) and movement in funds		28,853	(11,565)	17,288	33,690	11,565	45,255
Reconciliation of funds:							
Fund balances at 1 June 2021		33,690	11,565	45,255	-	-	-
		<u> </u>	<u> </u>	<u> </u>	<u> </u>	<u> </u>	<u> </u>
Fund balances at 31 May 2022		62,543	-	62,543	33,690	11,565	45,255
		<u> </u>	<u> </u>	<u> </u>	<u> </u>	<u> </u>	<u> </u>

The statement of financial activities includes all gains and losses recognised in the year. All income and expenditure derive from continuing activities.

NORTH ESSEX SUPPORT TEAM (N.E.S.T) CIO

BALANCE SHEET

AS AT 31 MAY 2022

	Notes	2022 £	£	2021 £	£
Fixed assets					
Tangible assets	9		6,712		8,950
Current assets					
Cash at bank and in hand		57,431		36,305	
Creditors: amounts falling due within one year	10	(1,600)		-	
		<u> </u>		<u> </u>	
Net current assets			55,831		36,305
			<u> </u>		<u> </u>
Total assets less current liabilities			62,543		45,255
			<u> </u>		<u> </u>
The funds of the charity					
Restricted income funds	11		-		11,565
Unrestricted funds	12		62,543		33,690
			<u> </u>		<u> </u>
			62,543		45,255
			<u> </u>		<u> </u>

The financial statements were approved by the trustees on 24 November 2024

P Morrison
Trustee

NORTH ESSEX SUPPORT TEAM (N.E.S.T) CIO

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 MAY 2022

1 Accounting policies

Charity information

North Essex Support Team (N.E.S.T) CIO is a Charitable Incorporated Organisation registered with the Charities Commission.

1.1 Accounting convention

The financial statements have been prepared in accordance with the charity's CIO's Constitution, the Charities Act 2011, FRS 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland" ("FRS 102") and the Charities SORP "Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)" (effective 1 January 2019). The charity is a Public Benefit Entity as defined by FRS 102.

The charity has taken advantage of the provisions in the SORP for charities not to prepare a Statement of Cash Flows.

The financial statements have departed from the Charities (Accounts and Reports) Regulations 2008 only to the extent required to provide a true and fair view. This departure has involved following the Statement of Recommended Practice for charities applying FRS 102 rather than the version of the Statement of Recommended Practice which is referred to in the Regulations but which has since been withdrawn.

The financial statements are prepared in sterling, which is the functional currency of the charity. Monetary amounts in these financial statements are rounded to the nearest £.

The financial statements have been prepared under the historical cost convention. The principal accounting policies adopted are set out below.

1.2 Going concern

At the time of approving the financial statements, the trustees have a reasonable expectation that the charity has adequate resources to continue in operational existence for the foreseeable future. Thus the trustees continue to adopt the going concern basis of accounting in preparing the financial statements.

1.3 Charitable funds

Unrestricted funds are available for use at the discretion of the trustees in furtherance of their charitable objectives.

Restricted funds are subject to specific conditions by donors or grantors as to how they may be used. The purposes and uses of the restricted funds are set out in the notes to the financial statements.

1.4 Income

Income is recognised when the charity is legally entitled to it after any performance conditions have been met, the amounts can be measured reliably, and it is probable that income will be received.

Cash donations are recognised on receipt. Other donations are recognised once the charity has been notified of the donation, unless performance conditions require deferral of the amount. Income tax recoverable in relation to donations received under Gift Aid or deeds of covenant is recognised at the time of the donation.

NORTH ESSEX SUPPORT TEAM (N.E.S.T) CIO

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MAY 2022

1 Accounting policies

(Continued)

1.5 Expenditure

Expenditure is recognised once there is a legal or constructive obligation to transfer economic benefit to a third party, it is probable that a transfer of economic benefits will be required in settlement, and the amount of the obligation can be measured reliably.

Expenditure is classified by activity. The costs of each activity are made up of the total of direct costs and shared costs, including support costs involved in undertaking each activity. Direct costs attributable to a single activity are allocated directly to that activity. Shared costs which contribute to more than one activity and support costs which are not attributable to a single activity are apportioned between those activities on a basis consistent with the use of resources. Central staff costs are allocated on the basis of time spent, and depreciation charges are allocated on the portion of the asset's use.

1.6 Tangible fixed assets

Tangible fixed assets are initially measured at cost and subsequently measured at cost or valuation, net of depreciation and any impairment losses.

Depreciation is recognised so as to write off the cost or valuation of assets less their residual values over their useful lives on the following bases:

Motor vehicles	25% reducing balance
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The gain or loss arising on the disposal of an asset is determined as the difference between the sale proceeds and the carrying value of the asset, and is recognised in the statement of financial activities.

1.7 Impairment of fixed assets

At each reporting end date, the charity reviews the carrying amounts of its tangible assets to determine whether there is any indication that those assets have suffered an impairment loss. If any such indication exists, the recoverable amount of the asset is estimated in order to determine the extent of the impairment loss (if any).

Basic financial assets

Basic financial instruments are initially recognised at transaction value and subsequently measured at amortised cost.

Financial assets comprise cash at bank and in hand. Cash at bank and in hand is defined as all cash held in instant access bank accounts and used as working capital.

Financial liabilities held at amortised cost comprise all creditors except social security and other taxes, deferred income and provisions.

NORTH ESSEX SUPPORT TEAM (N.E.S.T) CIO

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MAY 2022

2 Critical accounting estimates and judgements

In the application of the charity's accounting policies, the trustees are required to make judgements, estimates and assumptions about the carrying amount of assets and liabilities that are not readily apparent from other sources. The estimates and associated assumptions are based on historical experience and other factors that are considered to be relevant. Actual results may differ from these estimates.

The estimates and underlying assumptions are reviewed on an ongoing basis. Revisions to accounting estimates are recognised in the period in which the estimate is revised where the revision affects only that period, or in the period of the revision and future periods where the revision affects both current and future periods.

We do not believe the accounts to contain any significant accounting estimates or judgements.

3 Income from donations and legacies

	Unrestricted funds 2022 £	Restricted funds 2022 £	Total 2022 £	Unrestricted funds 2021 £	Restricted funds 2021 £	Total 2021 £
Donations and gifts	24,401	-	24,401	14,618	-	14,618
Grants	54,804	-	54,804	-	42,852	42,852
Transfer from unincorporated charity	-	-	-	30,235	-	30,235
	<u>79,205</u>	<u>-</u>	<u>79,205</u>	<u>44,853</u>	<u>42,852</u>	<u>87,705</u>

NORTH ESSEX SUPPORT TEAM (N.E.S.T) CIO

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MAY 2022

4 Expenditure on charitable activities

	Charitable activities 2022 £	Charitable activities 2021 £
Direct costs		
Depreciation and impairment	2,238	-
Direct charitable activities	44,838	34,939
Storage costs	6,246	2,928
Van costs	2,985	3,380
Other costs	4,010	1,203
	<u>60,317</u>	<u>42,450</u>
Share of support and governance costs (see note)		
Governance	1,600	-
	<u>61,917</u>	<u>42,450</u>
Analysis by fund		
Unrestricted funds	50,352	11,163
Restricted funds	11,565	31,287
	<u>61,917</u>	<u>42,450</u>

5 Net movement in funds

	2022 £	2021 £
The net movement in funds is stated after charging/(crediting):		
Fees payable for the independent examination of the charity's financial statements	1,600	-
Depreciation of owned tangible fixed assets	2,238	-
	<u>3,838</u>	<u>-</u>

6 Trustees

None of the trustees (or any persons connected with them) received any remuneration or benefits from the charity during the year.

7 Employees

The average monthly number of employees during the year was:

	2022 Number	2021 Number
Total	<u>-</u>	<u>-</u>

NORTH ESSEX SUPPORT TEAM (N.E.S.T) CIO

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MAY 2022

7 Employees (Continued)

There were no employees whose annual remuneration was more than £60,000.

8 Taxation

The charity is exempt from taxation on its activities because all its income is applied for charitable purposes.

9 Tangible fixed assets

	Motor vehicles £
Cost	
At 1 June 2021	8,950
At 31 May 2022	8,950
Depreciation and impairment	
Depreciation charged in the year	2,238
At 31 May 2022	2,238
Carrying amount	
At 31 May 2022	6,712
At 31 May 2021	8,950

10 Creditors: amounts falling due within one year

	2022 £	2021 £
Accruals and deferred income	1,600	-

11 Restricted funds

The restricted funds of the charity comprise the unexpended balances of donations and grants held on trust subject to specific conditions by donors as to how they may be used.

	At 1 June 2021 £	Incoming resources £	Resources expended £	At 31 May 2022 £
Family support	11,565	-	(11,565)	-

NORTH ESSEX SUPPORT TEAM (N.E.S.T) CIO

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MAY 2022

11 Restricted funds (Continued)

Previous year:	At 1 June 2020	Incoming resources	Resources expended	At 31 May 2021
	£	£	£	£
Family support	-	42,852	(31,287)	11,565
	=====	=====	=====	=====

12 Unrestricted funds

The unrestricted funds of the charity comprise the unexpended balances of donations and grants which are not subject to specific conditions by donors and grantors as to how they may be used. These include designated funds which have been set aside out of unrestricted funds by the trustees for specific purposes.

	At 1 June 2021	Incoming resources	Resources expended	At 31 May 2022
	£	£	£	£
Hampers	-	6,697	-	6,697
Slow Cookers	-	5,979	-	5,979
Hot Meals	-	4,882	-	4,882
Furniture Moves	-	20,000	-	20,000
Sports Equipment	-	1,850	-	1,850
Winter Warmers	-	11,672	-	11,672
General funds	33,690	28,125	(50,352)	11,463
	=====	=====	=====	=====
	33,690	79,205	(50,352)	62,543
	=====	=====	=====	=====

Previous year:	At 1 June 2020	Incoming resources	Resources expended	At 31 May 2021
	£	£	£	£
General funds	-	44,853	(11,163)	33,690
	=====	=====	=====	=====

13 Analysis of net assets between funds

	Unrestricted funds	Restricted funds	Total
	2022	2022	2022
	£	£	£
At 31 May 2022:			
Tangible assets	6,712	-	6,712
Current assets/(liabilities)	55,831	-	55,831
	=====	=====	=====
	62,543	-	62,543
	=====	=====	=====

NORTH ESSEX SUPPORT TEAM (N.E.S.T) CIO

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MAY 2022

13 Analysis of net assets between funds

(Continued)

	Unrestricted funds 2021 £	Restricted funds 2021 £	Total 2021 £
At 31 May 2021:			
Tangible assets	8,950	-	8,950
Current assets/(liabilities)	24,740	11,565	36,305
	<u>33,690</u>	<u>11,565</u>	<u>45,255</u>

14 Related party transactions

There were no disclosable related party transactions during the year (2021 - none).