

NORTH ESSEX SUPPORT TEAM (N.E.S.T) CIO
ANNUAL REPORT AND UNAUDITED FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MAY 2023

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

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

TRUSTEES' REPORT

FOR THE YEAR ENDED 31 MAY 2023

The trustees present their annual report and financial statements for the year ended 31 May 2023.

The financial statements have been prepared in accordance with the accounting policies set out in note 1 to the financial statements and comply with the charity's CIO's Constitution, 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 continues to support the vulnerable members of our community, whether that vulnerability is Age, infirmity, or financial.

Our support is diverse, innovative, direct, fleet of foot and without judgement.

North Essex Support Team. (NEST) is a small charity completely run by volunteers whose costs are kept to a minimum. Involving, storage, running a vehicle, funding initiatives and other logistical costs.

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 2023

Achievements and performance

Significant activities and achievements against objectives

I have listed below a short resume of just some of our work in the community of North Essex this year

- Essential furniture and household items, including beds, bedding and kitchenware. In the past year we have delivered essential goods to over 370 families & individuals. This has included more than 116 Beds and 190 Kitchen Appliances, all saved from landfill!
- NEST has purchased and provided brand new divan and bunk beds for children in need. Each bed is supplied with brand new bedding plus Pyjamas and even a small teddy bear.
- We have supported the homeless with sleeping bags, warm clothing, food, haircuts advice and support.
- We tackled fuel poverty not by funding directly fuel bills but by supplying, brand new warm indoor clothing; for example large thick hoodies, onesies, pyjamas, thermal underwear, thick socks, slippers, hats, gloves, scarves and blankets allowing families to be warmer in unheated homes
- We have assisted the community with moving on support, with furniture, beds and bedding when they secured a permanent home.
- We have supported young people coming out of fostering with help to furnish their accommodation.
- We have helped a Blind man clear his overgrown garden allowing him to keep his guide Dog.
- Assisted with adaptations in the home and movement of furniture within the home. For example; moving beds from upstairs to down, creating space for palliative care equipment to facilitate the return from hospital of very sick patients and those in receipt of palliative care.
- Provided essential, preloved items to disabled vulnerable elderly people eg. Wheelchairs, perching stools, riser recliners, beds.
- We have run slow cooker club to provide struggling families with slow cookers, basic kitchen equipment & ingredients for 6 hearty meals. More than 200 families have been fed so far!
- We have diversified our slow cooker club to support asylum seeking families, with traditional recipes to cater for their tastes.
- We have also carried out a slow cooker for elderly and vulnerable. With part cooked frozen meals backed up with warm winter indoor clothing.
- We have continued our targeted Christmas Hampers for families in our community. We have delivered "One Day Beautiful Free from Poverty" consisting of all food required for a complete Christmas day celebration, brand new toys for children and adults, this year we provided £40 for electricity or gas to 151 families this year, including more than 350 children.

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

TRUSTEES' REPORT (CONTINUED)

FOR THE YEAR ENDED 31 MAY 2023

- Winter Warmers events, collecting, sorting and distributing preloved warm clothing and bedding for those in need. This year we gave away 20,000+ items to over 3,300 struggling families and individuals in North Essex.
- Preloved prom dresses, suits shoes and accessories were given free of charge to young people in our community. This year we enabled 100 teenagers to enjoy their school prom, including those which poverty would mean they missed the event, or parents and families getting into debt. Worse still involving high interest or doorstep money lenders.
- Immediate direct funding transferred into the banks of families in crisis (No electricity, no food, supporting essential white good purchases, or clothing).

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 Charity 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

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 2023.

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 2023

		Unrestricted funds 2023 £	Restricted funds 2023 £	Total 2023 £	Unrestricted funds 2022 £	Restricted funds 2022 £	Total 2022 £
	Notes						
Income from:							
Donations and legacies	3	69,576	10,000	79,576	79,205	-	79,205
Total income		69,576	10,000	79,576	79,205	-	79,205
Expenditure on:							
<u>Charitable activities</u>							
Charitable activities	4	46,385	10,000	56,385	50,352	11,565	61,917
Total expenditure		46,385	10,000	56,385	50,352	11,565	61,917
Net income and movement in funds		23,191	-	23,191	28,853	(11,565)	17,288
Reconciliation of funds:							
Fund balances at 1 June 2022		62,543	-	62,543	33,690	11,565	45,255
Fund balances at 31 May 2023		85,734	-	85,734	62,543	-	62,543

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 2023

	Notes	2023 £	£	2022 £	£
Fixed assets					
Tangible assets	9		5,034		6,712
Current assets					
Cash at bank and in hand		83,900		57,431	
Creditors: amounts falling due within one year	10	(3,200)		(1,600)	
Net current assets			80,700		55,831
Total assets less current liabilities			85,734		62,543
The funds of the charity					
Unrestricted funds	12		85,734		62,543
			85,734		62,543

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 2023

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 2023

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 2023

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 judgments.

3 Income from donations and legacies

	Unrestricted funds 2023 £	Restricted funds 2023 £	Total 2023 £	Unrestricted funds 2022 £	Restricted funds 2022 £	Total 2022 £
Donations and gifts	22,683	10,000	32,683	24,401	-	24,401
Grants	46,893	-	46,893	54,804	-	54,804
	<u>69,576</u>	<u>10,000</u>	<u>79,576</u>	<u>79,205</u>	<u>-</u>	<u>79,205</u>

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

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MAY 2023

4 Expenditure on charitable activities

	Charitable activities 2023 £	Charitable activities 2022 £
Direct costs		
Depreciation and impairment	1,678	2,238
Direct charitable activities	43,047	44,838
Storage costs	1,848	6,246
Van costs	3,016	2,985
Other costs	5,196	4,010
	<u>54,785</u>	<u>60,317</u>
Share of support and governance costs (see note)		
Governance	1,600	1,600
	<u>56,385</u>	<u>61,917</u>
Analysis by fund		
Unrestricted funds	46,385	50,352
Restricted funds	10,000	11,565
	<u>56,385</u>	<u>61,917</u>

5 Net movement in funds

	2023 £	2022 £
The net movement in funds is stated after charging/(crediting):		
Fees payable for the independent examination of the charity's financial statements	1,600	1,600
Depreciation of owned tangible fixed assets	1,678	2,238
	<u>3,278</u>	<u>3,838</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:

	2023 Number	2022 Number
Total	-	-

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

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MAY 2023

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 2022	8,950
At 31 May 2023	8,950
Depreciation and impairment	
At 1 June 2022	2,238
Depreciation charged in the year	1,678
At 31 May 2023	3,916
Carrying amount	
At 31 May 2023	5,034
At 31 May 2022	6,712

10 Creditors: amounts falling due within one year

	2023 £	2022 £
Accruals and deferred income	3,200	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 2022 £	Incoming resources £	Resources expended £	At 31 May 2023 £
Rukba T/A Independent	-	10,000	(10,000)	-

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

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MAY 2023

11 Restricted funds (Continued)

Previous year:	At 1 June 2021	Incoming resources	Resources expended	At 31 May 2022
	£	£	£	£
Family support	11,565	-	(11,565)	-
	<u> </u>	<u> </u>	<u> </u>	<u> </u>

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 2022	Incoming resources	Resources expended	At 31 May 2023
	£	£	£	£
Hampers	6,697	-	-	6,697
Slow Cookers	5,979	-	(5,979)	-
Hot Meals	4,882	-	(4,882)	-
Furniture Moves	20,000	-	(5,000)	15,000
Sports Equipment	1,850	-	(1,850)	-
Winter Warmers	11,672	-	(11,000)	672
General funds	11,463	69,576	(17,673)	63,366
	<u> </u>	<u> </u>	<u> </u>	<u> </u>
	62,543	69,576	(46,385)	85,734
	<u> </u>	<u> </u>	<u> </u>	<u> </u>

Previous year:	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
	<u> </u>	<u> </u>	<u> </u>	<u> </u>
	33,690	79,205	50,352	62,543
	<u> </u>	<u> </u>	<u> </u>	<u> </u>

13 Related party transactions

There were no disclosable related party transactions during the year (2022 - none).