

REGISTERED CHARITY NUMBER: 1193241

**REPORT OF THE TRUSTEES AND
FINANCIAL STATEMENTS FOR THE PERIOD 25 JANUARY 2021 TO 31 MARCH 2022
FOR
SUPPORTING HUMANITY**

Prestons & Jacksons Partnership LLP
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SUPPORTING HUMANITY

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SUPPORTING HUMANITY
REPORT OF THE TRUSTEES
FOR THE PERIOD 25 JANUARY 2021 TO 31 MARCH 2022

The trustees present their report with the financial statements of the charity for the period 25 January 2021 to 31 March 2022. The trustees have adopted the provisions of 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).

INCORPORATION

The charitable incorporated organisation (CIO) was incorporated on 25th January 2021.

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REPORT OF THE TRUSTEES
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OBJECTIVES AND ACTIVITIES

Objectives and aims

The aims of the charity are summarised as follows:

Supporting Humanity is a mental health and bereavement Charity that was set up in 2020 it aims to help empower, support and uplift all members of the community through activities centred around positive mental health. Its aim is to address the issues of mental health and help support people when they encounter loss - bereavement.

Our long-term ambition is to promote positive mental health, help fight stigma in seeking help and support those in their time of need including bereavement through the provision, maintenance, activities and management of Supporting Humanity.

Our objectives are set to reflect our aims. Each year our trustees review our objectives and activities to ensure they continue to reflect our aims. In carrying out this review the trustees have considered the Charity Commission's general guidance on public benefit.

Strategies

We want to make our charity an accessible and inclusive organisation where people of all ages, faiths and backgrounds needing emotional or bereavement support can find help.

We are aware that mental health is something that affects every person at some point in their life and have trained emotional support volunteers to help overcome the first hurdle and talk through some of the emotional challenges people may be experiencing during difficult periods in their life. Supporting Humanity offers an emotional support helpline that is open every day from 8:00am to 10:00pm.

We are also very aware that some people find it difficult to seek help when facing loneliness, anxiety, depression, or other mental health issues. To help combat this, Supporting Humanity organises regular community day trips for over 60's supported by local businesses and organised and run by our volunteers. We intend to further advance these services this year by encouraging intergenerational days.

Burial and Bereavement Service - losing a loved one is emotionally, physically, and mentally difficult. Supporting Humanity help those who have lost a loved one by liaising with hospitals, local authorities, and registrars. We have also been educating people through free workshops on the washing and shrouding process following a death of a loved one. All the charity's services are free and have saved people hundreds of pounds.

The Charity's strategy is to grow our support in mental health and bereavement.

Public Benefit by the CIO

The Trustees confirm that they have complied with the duty in section 4 of the Charities Act 2006 to have due regard to public benefit guidance published by the Commission in determining the activities undertaken by the Charity.

SUPPORTING HUMANITY

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ACHIEVEMENT AND PERFORMANCE

Charitable activities

The charity wanted to extend its services in a number of ways at the end of 2021, in addition to providing an emotional support helpline 7 days a week, organising trips and burial and bereavement services by:

- **Secure a physical base for Supporting Humanity:** by which mental health wellbeing services can be extended to face to face. These include but are not limited to face-to-face emotional support where required and emotional support circles.
- **Extension of line hours:** The Charity has been offering an emotional support line between the hours of 8am to 8pm for over 6 months and will extend the hours to 10pm from January 2022. This in line with other emotional support lines, where those in need are most likely to call in the latter part of the evening.
- **Introduce emotional support circles:** Facilitate face to face discussions of key topics including burial and bereavement and a means for people to speak to those with similar issues and experiences to help build empathy, understanding and a safe place to speak.
- **Introduce regular Podcasts:** Introduce monthly podcasts to encourage conversations about the many unspoken challenges, struggles and traumas different communities suffer from and address the culture of shame which stands as a barrier from accessing help.
- The burial and bereavement services, **increase awareness and run educational workshops:** organise and run monthly 'ghusl' workshops to educate the community of the bereavement process including washing of the body following religious principles. By securing a physical base for the charity this should be easier to deliver.
- **Connect burial and bereavement service with emotional support:** Follow the burial and bereavement service with the option to have a face-to-face wellbeing discussion for those that have suffered a loss.

The Charity has been successful in achieving those outcomes and now runs a number of circles and workshops at its physical base as well as running number of campaigns in 2021/22 focused on mental health and those in need. Some examples are set out below:

Circles / workshops

- Free monthly educational washing and shrouding of deceased workshops (receiving positive media coverage)
- Monthly Podcast on topics of Mental health and Burial / Bereavement to encourage conversation and help tackle stigma of mental health
- The charity ran a Loneliness Campaign: 'Love through a letterbox'. A letter writing project involving school children writing to the elderly in care homes to help bridge the generational gaps, connect people and bring happiness to those feeling isolated and lonely. The campaign involved six primary schools across three boroughs including Newham, Redbridge and Epping Forest. Children from year 4 to year 6 were encouraged by teachers in class to write a letter, poem, song or even just draw a lovely piece which can then be handed to an elderly patient living in a care home. The letters were accompanied with some small tokens for the residents including a teabag to enjoy while reading their letters! The aim of the campaign was to help combat loneliness which many people felt in the pandemic and was a huge success.

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The Charity which has grown significantly since inception in 2020, has expanded its services and as part of our commitment to encourage community spirit and support people's mental health and wellbeing organised several community trips in 2021/22 primarily for the vulnerable over 60s. The trips have been very popular with those that are lonely and would not otherwise venture out and have received very positive feedback with a demand for more. The trips have been supported by local businesses and have taken the over 60's to Cambridge, Camber Sands and Natural History Museum.

Training

Several training opportunities were given to our leaders and volunteers this year to help ensure they were qualified to provide the relevant services:

- Emotional Support training: This year the charity trained two cohorts of emotional support volunteers to help the launch and support of the emotional support helpline. The training was provided by Sukoon whose training courses were accredited by CPCAB and ABC awards. A third cohort of training took place across January and February 2022.
- Health and safety course for the volunteers attending the trips. The training was funded by Frenford Clubs: Youth Mental Health Aware with MHFA (Mental Health First Aid)
- Safeguarding training for safeguarding lead: Level 3 Safeguarding Training through High Speed Training CPD certified.
- Disclosure Barring Service Checks are and continue to be undertaken for all volunteers in the charity who might be interacting with vulnerable people.
- All volunteers are given in house training on policies, procedures, and safeguarding and refresher Emotional support training.

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REPORT OF THE TRUSTEES FOR THE PERIOD 25 JANUARY 2021 TO 31 MARCH 2022

FINANCIAL REVIEW

Financial position

Supporting Humanity was successful in the following bids in 2021/22:

- London Community Foundation Grant

Grant Amount: £10,000

Purpose: to support training of emotional support volunteers and help aid emotional support services

- National Lottery Local Community Grant

Grant Amount: £2,450

Purpose: To support the organisation to work with schools across Redbridge and Newham and to write handwritten letters to residents of care homes as a means to connect and help with their loneliness and express their struggles.

- East End Community Foundation Tower hamlets

Grant Amount: £3,000

Purpose: To support the organisation to work with schools across Tower Hamlets and to write handwritten letters to residents of care homes as a means to connect and help with their loneliness and express their struggles

- Queens Platinum Jubilee Community Grant Newham London

Grant Amount: £500

Purpose: aimed at residents of Newham community to come and participate in Queens Jubilee, encouraging community spirit and celebrating British reign

Fundraising event: the charity ran one fundraising event in 2021. This was on world mental health day where over a 100 people walked, ran and cycle across London 'Supporting Humanity Moonwalk' and raised £11,000. The funds were raised to help promote the mental health services and provide better IT infrastructure (Microsoft teams to help the emotional support helpline) and help fund another cohort of emotional support volunteers.

Trips: all the Supporting Humanity trips have been part sponsored by local businesses who have donated the use of coaches, food and tickets for venues. Part of the cost has been to charge a nominal fee for the ticket to ensure attendance will have been used towards the cost of the trips

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VISION AND STRATEGY FOR 2022

The focus for 2022/23 will continue to be twofold around:

- Mental health wellbeing
- Burial and bereavement services

Mental health wellbeing

- **Increase communication channels:** The Charity will also train at least one further cohort of volunteers so that the marketing activities of the line can grow, and different channels of communication can be supported. By increasing the number of trained volunteers, the charity can introduce a web chat version of emotional support to help those individuals that aren't comfortable speaking over a telephone line. Research has shown that there is growing demand for this service in line with increased technology and social media use.

- **Referrals to Counsellors:** Currently the charity offers emotional support wellbeing but would like to start making referrals to counsellors where there are complex needs. This will be achieved by furthering the training of some emotional support volunteers so they can identify these needs and make connections with other organisations offering wider support.

- **Increase number, diversity and geographical coverage of trips:** The Charity has been supporting over 60's in helping fight loneliness by organising free day trips to London and south east areas. In 2022/23 we will, increase the number of trips we organise and organise at least one inter-generational (youths and seniors) trip.

Campaigns

All of the 2022 campaigns and activities will focus and centre around mental health and will be organised around key mental health dates such as children's mental health week and world mental health day. The activities will either increase awareness of mental health or help support those in need.

Resources and Bids

To help the charity grow in the two key areas set out above (mental health wellbeing and burial and bereavement services) the Charity will be seeking to apply for grants and bids that will help aid this growth.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

The charity governing documents is a CIO Foundation model constitution registered with the charity commission on 25th January 2021.

The charity is controlled by its governing document, a deed of trust, and constitutes a Charitable Incorporated Organisation (CIO) as defined by the Charities Act 2011.

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STRUCTURE, GOVERNANCE AND MANAGEMENT

Recruitment and appointment of new trustees

The existing trustees are responsible for the recruitment of new trustees, in doing so the charity considers diversity and inclusion, skills, experience and other relevant factors such as ability to volunteer that will help ensure the charity operates in a professional manner in line with its aims and objectives and operates with integrity and honesty.

Potential trustees are encouraged to first volunteer with the charity so can familiarise themselves with the charities aims and, if all agree, they are then proposed as new trustees. This process allows due consideration of the persons eligibility, personal competence, specialist knowledge and skill.

Organisational structure

The charity trustees are responsible for the general control and management of the charity. The trustees give their time freely and receive no remuneration or other financial benefits.

The trustees meet once every month and are responsible for all decisions taken in relation to running the organisation and the services provided by the charity.

Induction and training of new trustees

Following appointment, new trustees are introduced to their new role and given copies of the trust deed and a guide to the policies and procedures adopted by our charity. A number of publications from the Charity Commission are also provided including the guidance on charities and public benefit. This ensures that new trustees are aware of the scope of their responsibilities under the Charities Act. Trust Deed is adhered to by all Trustees

Risk management

The trustees have a duty to identify and review the risks to which the charity is exposed and to ensure appropriate controls are in place to provide reasonable assurance against fraud and error.

The trustees have set up a governance team to help assess the risks the charity faces and have drawn up a risk assessment which identifies the major risks by area of activity, the nature of those risks, the likelihood of the risks happening and the measures taken to manage them. This is regularly reviewed in advance of any new activity. The trustees are satisfied that systems are in place, or arrangements are in hand, to manage the risks that have been identified. Appropriate Disclosure and Barring Service (DBS) checks, supported by regularly reviewed policies, are made for all those who work with children and vulnerable groups within the Charity.

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Charity number

1193241

Principal address

57 New North Road
Ilford
England
IG6 2UE

SUPPORTING HUMANITY

REPORT OF THE TRUSTEES FOR THE PERIOD 25 JANUARY 2021 TO 31 MARCH 2022

Trustees

Idris Patel (BeM) - Chair
Sumaiya Khoda - Appointed 6th December 2021
Jill Savager - Appointed 6th December 2021
Saeed Musa - Appointed 6th December 2021
Iqbal Patel - Appointed 6th December 2021
Yunus Patel
Zulfikar Ali

Independent Examiner

A Patel BA(Hons) BFP FCA
ICAEW
Prestons & Jacksons Partnership LLP
364 - 368 Cranbrook Road
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Essex
IG2 6HY

Approved by order of the board of trustees on 16th January 2023 and signed on its behalf by



Trustee

IDRIS PATEL (BeM)

INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF SUPPORTING HUMANITY

Independent examiner's report to the trustees of Supporting Humanity

I report to the charity trustees on my examination of the accounts of Supporting Humanity (the Trust) for the period 25 January 2021 to 31 March 2022.

Responsibilities and basis of report

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

I report in respect of my examination of the Trust's accounts carried out under Section 145 of the Act and in carrying out my examination I have followed all applicable Directions given by the Charity Commission under Section 145(5)(b) of the Act.

Independent examiner's statement

I have completed my examination. I confirm that no material 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 Trust as required by Section 130 of the Act; or
2. the accounts do not accord with those records; or
3. the accounts 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 accounts to be reached.

A. PATEL

A. Patel BA(Hons) BFP FCA

ICAEW

Prestons & Jacksons Partnership LLP

364 - 368 Cranbrook Road

Ilford

Essex

IG2 6HY

Date: 18/1/23

SUPPORTING HUMANITY

STATEMENT OF FINANCIAL ACTIVITIES FOR THE PERIOD 25 JANUARY 2021 TO 31 MARCH 2022

	Notes	Unrestricted fund £	Restricted fund £	Total funds £
INCOME AND ENDOWMENTS FROM				
Donations and legacies	2	60,410	15,450	75,860
Other trading activities	3	16,417	-	16,417
Total		76,827	15,450	92,277
EXPENDITURE ON				
Charitable activities	4			
Charitable Activities		18,153	13,236	31,389
Support Costs		4,100	-	4,100
Total		22,253	13,236	35,489
NET INCOME		54,574	2,214	56,788
Transfers between funds	9	(1,484)	1,484	-
Net movement in funds		53,090	3,698	56,788
TOTAL FUNDS CARRIED FORWARD		53,090	3,698	56,788

The notes form part of these financial statements

SUPPORTING HUMANITY

BALANCE SHEET 31 MARCH 2022

	Notes	£
CURRENT ASSETS		
Cash at bank		60,228
CREDITORS		
Amounts falling due within one year	7	(3,440)
NET CURRENT ASSETS		<u>56,788</u>
TOTAL ASSETS LESS CURRENT LIABILITIES		<u>56,788</u>
NET ASSETS		<u><u>56,788</u></u>
FUNDS	9	
Unrestricted funds		53,090
Restricted funds		<u>3,698</u>
TOTAL FUNDS		<u><u>56,788</u></u>

The financial statements were approved by the Board of Trustees and authorised for issue on 16th January 2023 and were signed on its behalf by


 DRIS PATEL (Bem)
 Trustee

The notes form part of these financial statements

SUPPORTING HUMANITY

NOTES TO THE FINANCIAL STATEMENTS FOR THE PERIOD 25 JANUARY 2021 TO 31 MARCH 2022

1. ACCOUNTING POLICIES

Basis of preparing the financial statements

The financial statements of the charity, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) '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)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Charities Act 2011. The financial statements have been prepared under the historical cost convention.

Supporting Humanity is a charitable incorporated organisation (CIO) registered with Charity Commission in England and Wales. The registered office address can be found at the information page.

Income

All income is recognised in the Statement of Financial Activities once the charity has entitlement to the funds, it is probable that the income will be received and the amount can be measured reliably.

Expenditure

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, 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 accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

Taxation

The charity is exempt from tax on its charitable activities.

Fund accounting

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

SUPPORTING HUMANITY

NOTES TO THE FINANCIAL STATEMENTS - continued FOR THE PERIOD 25 JANUARY 2021 TO 31 MARCH 2022

2. DONATIONS AND LEGACIES

	£
Donations	57,435
Gift aid	475
Grants	15,450
Donated services and facilities	2,500
	<u>75,860</u>

Grants received, included in the above, are as follows:

	£
Eastend Community Foundation	3,000
The London Community Foundation	10,000
National Lottery Local Community	2,450
	<u>15,450</u>

The above grants are all restricted.

3. OTHER TRADING ACTIVITIES

	£
Events and Outings	1,695
Workshops	250
Other Projects	11,372
Funeral Income	3,100
	<u>16,417</u>

4. CHARITABLE ACTIVITIES COSTS

	Direct Costs £	Support costs £	Totals £
Charitable Activities	30,396	993	31,389
Support Costs	744	3,356	4,100
	<u>31,140</u>	<u>4,349</u>	<u>35,489</u>

SUPPORTING HUMANITY

NOTES TO THE FINANCIAL STATEMENTS - continued FOR THE PERIOD 25 JANUARY 2021 TO 31 MARCH 2022

5. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the period ended 31 March 2022.

Trustees' expenses

There were no trustees' expenses paid for the period ended 31 March 2022.

6. KEY MANAGEMENT PERSONNEL

Key Management Personnel comprises of the Board of Trustees.

7. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	£
Trade creditors	1,440
Other creditors	2,000
	<u>3,440</u>

8. ANALYSIS OF NET ASSETS BETWEEN FUNDS

	Unrestricted fund £	Restricted fund £	Total funds £
Current assets	55,090	5,138	60,228
Current liabilities	(2,000)	(1,440)	(3,440)
	<u>53,090</u>	<u>3,698</u>	<u>56,788</u>

9. MOVEMENT IN FUNDS

	Net movement in funds £	Transfers between funds £	At 31/3/22 £
Unrestricted funds			
General fund	54,574	(1,484)	53,090
Restricted funds			
Restricted Funds	2,214	1,484	3,698
TOTAL FUNDS	<u>56,788</u>	<u>-</u>	<u>56,788</u>

SUPPORTING HUMANITY

NOTES TO THE FINANCIAL STATEMENTS - continued FOR THE PERIOD 25 JANUARY 2021 TO 31 MARCH 2022

9. MOVEMENT IN FUNDS - continued

Net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	76,827	(22,253)	54,574
Restricted funds			
Restricted Funds	15,450	(13,236)	2,214
TOTAL FUNDS	<u>92,277</u>	<u>(35,489)</u>	<u>56,788</u>

	Transfer from Unrestricted Funds	Income	Expenditure	c/fwd 31.3.22
Analysis of Restricted Funds				
East End Community Foundation	500	3,000	(2,500)	1,000
The London Community Foundation	984	10,000	(8,584)	2,400
Local Connect Fund	-	2,450	(2,152)	298
TOTAL	<u>1,484</u>	<u>15,450</u>	<u>13,236</u>	<u>3,698</u>

10. RELATED PARTY DISCLOSURES

There were no related party transactions for the period ended 31 March 2022.