

# **Happy Tears Foundation**

Charity registration number 1196826

## **ANNUAL REPORT AND FINANCIAL STATEMENTS**

**YEAR ENDED 31 OCT 23**

## **HAPPY TEARS FOUNDATION**

### **LEGAL AND ADMINISTRATIVE INFORMATION**

Trustees	Ardene Barry Hamadou Ouattara Anne Beatrice Tsakeng Celine Atsafack Michelle Ylaria Nguetack
Charity number	1196826
Independent examiner	Kenneth Mensah (MSc) 1 Dulverton Grove, LS11 0LD, Leeds. 15 March 2024

## **HAPPY TEARS FOUNDATION CONTENTS**

	<b>Page</b>
Trustees' report	4- 6
Statement of financial activities	7
Balance sheet	8
Notes to the financial statements	9
Independent examiner's report	10

**HAPPY TEARS FOUNDATION**  
**TRUSTEES' REPORT (INCLUDING DIRECTOR'S REPORT)**  
**FOR THE YEAR ENDED 31 OCTOBER 2023**

The Trustees present their annual reports and independently examined financial statements for the year ended 31 October 2023. The trustees confirm that the reports and the financial statement have been prepared in accordance with the accounting policies set out in note 1 to the financial statements and comply with the charities Act 1993 as amended by the charities act 2006, Happy Tears Foundation's constitution and the Charities SORP 2005.

**Objectives and activities**

Happy Tears Foundation was formed in 2015 and after working with the community for three years, the board members decided to register as a charity in 2018 to promote the well-being of vulnerable, deprived, and disadvantaged people living in Leeds and Bradford by advancing education, relieving poverty and improving their welfare through community-based activities in collaboration with organisations with similar interests.

Our mission is to enable deprived people to stay healthy, gain education, find employment, have good mental health so they can adapt and integrate their communities to react their full potential.

**Structure and management**

The Board acts as a Management Committee and meets at least three times in each year. The overall responsibility for the management of the charity rests upon the trustees as a body. This group of trustees constitute the board of trustees which is led by the chair of the board. There is no fixed term of service for a trustee. All trustees are appointed and removed at the beginning of the year by the existing trustees at their first meeting for that year based on a majority decision. The chair of the board of trustees is not appointed by the election of the trustees but shall serve in an ex officio capacity as the executive director and project manager of the charity. At least half of the number of trustees are required to form a quorum for a valid meeting to be held, however, the chair can waive the requirement for a quorum in order to hold emergency meetings.

The chair of the board of trustees is responsible for the day-to-day running of the charity. She works with a number of trained volunteers to deliver the services to the users. Her roles include planning, organising and coordinating the service delivery process.

**Achievements and performance**

Post covid and the current economic challenge had made it very difficult for many families. This has been a motivation for the board as demand for our service has significantly increased. Many of our beneficiaries are struggling to bounce back and therefore still rely heavily on us even for the basic like weekly food shopping.

Due to this demand, there have been a steady increase in the use of our service throughout Leeds, Bradford, and surrounding cities. So far, we have service 3274 people this year.

The commitment from our board members, volunteers and supporters really makes a huge different.

Sports activities and mental well-being training remain the core of our services this year. Most of our service users are aged 9-18 with the occasionally food distribution to families.

The demography of our service users is 68% Black, 12% Asians & Middle Easterners, 10% white British & Caucasian, and 10% Eastern Europeans. Although Asylum Seekers and Refugees made up 60% of our last year numbers, this year has seen an increase demand from everyone. Our survey shows that:

- 57% of our service users increased their mental wellbeing.
- 41% reported a decrease in the levels of loneliness.
- 32% are now actively taking part in sporty activities.
- 96% made social connections and friends.
- 77% felt a sense of belonging and were keen to contribute.
- 81% increase self-confidence

This year, Happy Tears Foundation has made significant strides in promoting healthy lifestyles and fostering a strong sense of community among vulnerable, deprived, and disadvantaged people in Leeds and West Yorkshire.

### **Food parcel distribution and Electricity Vouchers**

Access to food and basic necessities was one of the main issues that our service users faced during these unprecedented times. Happy Tears Foundation quickly responded by setting up a local food bank which provides food parcels to families facing food shortages in and around Leeds and Bradford. A significant proportion of our service users facing high food prices and heating bills had to rely on our food parcels and electricity bill vouchers to survive the current economic crisis. This project is ongoing, and we hope to make a permanent feature of it, as it is in high demand.

### **Swimming Lesson**

We recognise the importance of water safety; so, we organised a four-week swimming lesson program specifically designed for young Black kids aged 10-15 who have not yet learned to swim. This initiative provided essential aquatic skills and boosted their confidence in the water.

### **Sports and Fitness**

We believe in the power of physical activity for overall well-being. This year we offered a variety of engaging sports and fitness activities, including cycling, Zumba classes, yoga sessions, and family-friendly park walks. These programs provided opportunities for children and their families to exercise together, have fun, and build healthy habits.

### **Youth recreation**

We hosted various Youth Fun Days that included bowling, BBQ day, and an informative talk on child labour. This day provided a chance for young people to relax, socialise, and learn and share about current issues.

### **Community Events**

Building strong connections within the community is a core value of Happy Tears Foundation. This year, we organised a diverse range of community events, including an Armed Forces Day celebration, a Dad and Lads Football tournament, an African Multicultural Ceremony, and participation in the Leeds Intercultural Cities Network. These events fostered a sense of belonging, celebrated cultural diversity, and promoted unity within the community.

## **Happy Tears Foundation Impact**

### **Financial Review**

During the year under consideration, our charity received a total of £26,000 coming from donations and grants. Our expenditure was £18,600 and a closing bank balance of £7,400. There was no significant financial risk associated with running the charity. However, all risks have been assessed and policies have been put in place to mitigate and avert all risks.

The charity aims to hold as unrestricted reserve sufficient funds to provide for one year of core operation should there be no further income. We determined that this figure should be at £20,000

This year was quite challenging for all sectors of the economy and public life. The energy crisis and the resultant Inflationary spiral affected every sector of the economy. The charity sector was hit harder, and most charities are still struggling. For us at Happy Tears Foundation, it offered both opportunities and challenges. We had the opportunity to learn new skills to be able to be more effective in our service delivery and to better prepare for such eventualities. The key issues that we faced during the year were lack of dwindling resources in the face of mounting needs. Our volunteers were also overstretched during this period.

### **Plans for future periods**

In the coming year, the foundation will continue to develop and discuss work around mental health, education, diversity and inclusion, sport and recreation for vulnerable people in Leeds and Bradford. We are particularly focused on diversity and inclusion so we can better meet the needs of young people who are in, or at risk of being in, the criminal justice system.

We want to thank our trustees, volunteers, donors, members, other benefactors, beneficiaries and the public at large for all your support and goodwill towards Happy Tears Foundation.

Without you, we could not have achieved anything this year. We did it together and hopefully next year we shall do better.

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



Ardene Barry

Chairwoman

## HAPPY TEARS FOUNDATION

### STATEMENT OF FINANCIAL ACTIVITIES INCLUDING INCOME AND EXPENDITURE ACCOUNT

FOR THE YEAR ENDED 31 OCTOBER 2023

		2023	2022
		£	£
<b>Receipts</b>	<b>Notes</b>		
Grants	1	19,000	6000
Donations	2	3,200	800
Fundraising	3	2800	230
Online Sale		800	100
Amazon Gift		200	20
<b>Total</b>		<b>26,000</b>	<b>7,250</b>
<b>Expenditure</b>			
Rent		2069.05	300
Allowances	4	947.45	544
Foodbank	5	1338.75	2000
Transport		2840.89	239.8
Equipment	6	1681.8	700
Subscription		168.20	168.20
Christmas Shopping		1000	400
Bank charges		120	120
Instructors Cost		4,613.23	1043
Training	7	300	0
Youth Activities	8	3000	200
Insurance		85	85
Back to School		435.63	0
<b>Total</b>		<b>18,600</b>	<b>5,800</b>
Net movement in funds		7,400	1450
Opening Balance November 2022		2150	700
Closing Balance October 2023		9550	2150

The statement of financial activities includes all gains and losses recognised in the year.

All income and expenditure derive from continuing activities.

This account has been approved by Happy Tears Foundation board of trustees on 10 July 2024

## HAPPY TEARS FOUNDATION

### BALANCE SHEET FOR THE YEAR ENDED 31 OCTOBER 2023

Details	Amount £
Cash & Bank Balances	9550
Equipment (Matt, First aid, promo)	500

This account has been approved by Happy Tears Foundation board of trustees on 10 July 2024.



**HAPPY TEARS FOUNDATION**  
**NOTES TO THE ACCOUNTS**  
**FOR THE YEAR ENDED 31 OCTOBER 2023**

Notes 1: The total grants comprise amounts received from Sir George, The Brems Trust, Volition, Spotted Foundation, Forum Central, LCP Hatch, Local Given, Leeds Older People etc

Notes 2: The Donations are contributions from private individuals in the community both in cash and kind. A significant proportion went into supporting people who had been hard hit financially by the cost of living crisis

Notes 3: Our events yielded the sum reported for the year under review. Our summer BBQ and fundraising box continue to be our fundraising source.

Notes 4: This represents mainly payments made to volunteers who run the various projects we carry out in support of vulnerable people.

Notes 5: We had a foodbank programme to support people during the pandemic. This has been extended to support people who have been hard hit by the cost of living crisis. The amount represents food parcels and other supplies distributed during the period.

Notes 6: This represents the cost of yoga mats, promotion material, First Aid, etc which we purchased to use as part of our ongoing projects.

7. This represents the cost for trustees and volunteers' training, and workshops that enable them to understand their role in a rapidly changing environment. It also includes payments to external experts who conducted the workshop.

8. This amount consists of the cost of carrying out regular youth activities such as football games, and outing activities

This account has been approved by Happy Tears Foundation board of trustees on the 10 October 2024

## **INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF HAPPY TEARS FOUNDATION**

I report to the Trustees on my examination of the financial statements and the accompanying notes of Happy Tears Foundation for the year ended 31 October 2023.

### **Responsibilities and basis of report**

The charity's trustees are responsible for the preparation of the financial statements. The charity's trustee considers that an audit is not required for this year under section 144(2) of the Charities Act 2011 (the 2011 Act) and that an independent examination is needed.

### **Independent examiner's statement**

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 accounting requirements of section 130 of the 2011 Act 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; or
4. The financial statements have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102).

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.

Kenneth Mensah (MSc)

1 Dulverton Grove

LS11 0LD

Leeds

10 Jul 2024