

OUR IMPACT 2021

We are proud to have supported 1180 people

GRANTS

159 Grants
Awarded
662 people
got away on
holiday



**THE 3H FOUNDATION
PREVIOUSLY KNOWN AS
3H FUND**

Putting ability, into disability

**TRUSTEES' REPORT AND
FINANCIAL STATEMENT**

**For the year ended
31 December 2021**

Charity number: 286306
Company number: 1690253

CARER SUPPORT

261 Carers
benefitted
from
respite



TEENSPLUS

257 young people benefited in
total



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LEGAL AND ADMINISTRATIVE INFORMATION

COMPANY NUMBER	1690253
REGISTERED CHARITY	286306
TRUSTEES	Stephen Clark (Chairman) Ed Langridge (Deputy Chairman) Tony Lavender David Pate (appointed 21 January 2021) Bob Sparke (resigned 7 April 2021)
MEMBERS	Alison Bentley Jane Scholes Robert Taylor
CHARITY MANAGER	Corina Rumsey
REGISTERED OFFICE	B2 Speldhurst Business Park Langton Road Speldhurst Tunbridge Wells TN3 0AQ
BANKERS	CAF Bank Ltd 25 Kings Hill Avenue Kings Hill West Malling Kent ME19 4JQ
INDEPENDENT EXAMINER	A S Healey FCA CTA DChA Lindeyer Francis Ferguson Limited Chartered Accountants North House 198 High Street Tonbridge Kent TN9 1BE
SOLICITORS	Thomson Snell & Passmore 3 Lonsdale Gardens Tunbridge Wells Kent TN1 1NX

REPORT OF THE TRUSTEES

The Trustees, who are also Directors of the Charity for the purposes of the Companies Act, submit their annual report and the unaudited financial statements for the year ended 31 December 2021.

The financial statements comply with the Charities Act 2011, the Companies Act 2006, the Memorandum and Articles of Association, 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).

Legal and administrative information set out on the previous page forms part of this report.

MISSION STATEMENT

'To provide holidays, short breaks and activities for adults and children with disabilities, and periods of respite for carers.'

OBJECTIVES AND ACTIVITIES

The objectives of the charity are:

- 1) To provide relief for children and adults with disabilities by organizing short breaks away, with other, enabling at the same time the regular carers to have a period of respite.
- 2) To provide financial assistance for families with a family member(s) who have physical or mental disabilities and who are on low incomes to get a modest UK holiday break with their family and/or carers.
- 3) To communicate with people with disabilities and young carers in their own homes by way of sending respite hampers and challenges to stimulate into their lives.
- 4) To help preserve the health and well-being of people who are caring for those with disabilities, to get a short period of respite in a relaxing environment.

Patron

The Trustees are delighted to have Dr Karen Darke MBE as a patron. She was a Paralympic gold medal winner at the Rio games in 2016 and her experience and enthusiasm in the world of disability is well-known. This is what she says about 3H:

"The 3H Foundation continues to build on its success over the past five decades and has evolved and adapted its work empowering those with disabilities and supporting their families and carers. They are a small charity performing mighty work – keep it up 3H!"

Review of 2021

2021 has been a year of substantial progress consolidating the reorganisation of the charity during COVID and extending diversity of the approach to reach and support a wider community of those in need.

Activity Holiday Programme

These holidays have been at the heart of what 3H does and has been doing since it started in 1975. For 2022 two group holidays have been organised – one an activity holiday in South Wales, the other a sailing holiday on the East Coast. In 2023, we hope to be able to expand this considerably.

Holiday Grant Programme

When the pandemic was at its height, the 3H office did an extraordinary job in helping people who, through our Grant Programme, had booked holidays but were uncertain about getting away to unknown places. To these families on low incomes with disabled family members, Covid hit them really hard, but it was so rewarding for them and for us to be able to award 159 grants which allowed over 650 people to get away and enjoy a holiday together. This was almost double the number from the previous year. So huge credit goes to the staff for their perseverance in making it happen – often having to change venues and dates several times during the process.

REPORT OF THE TRUSTEES

Carers Support Programme

We are fortunate to have a fabulous venue, Ashdown Park Hotel and Leisure Centre in East Sussex where we organise, through our Carer Support Programme along with a caring organisation, for carers of disabled people to enjoy a spa day with lunch and afternoon tea, and a treatment within the leisure Centre. This is an important break for them, getting away from the constant challenges they face on a day-to-day basis. Since the hotel reopened at the end of 2021, we have already helped thirty-six carers to get some time away. There are over seven million carers in the UK who need a break from time to time and a short period away is a vital ingredient to help their mental well-being.

Supplying carer hampers for those in need throughout the country has proved to be hugely successful - conceived by the 3H office during the pandemic and has been expanded by working with community groups and caring organisations to help many more during the coming year. Individuals were nominated by others to receive the gifts, and this has greatly widened the circle of people we deal with in the caring sector.

This has now been added to the number of effective ways we are adapting to meet the needs of those who need support.

TeensPLUS Programme

Having identified the number of teenagers with disabilities and those youngsters who care for others, 3H created a TeensPLUS Programme where we provide activities at home and away, and work with schools across the country to arrange funded activities and day trips out. Young carers can get time away from the stresses of everyday life with visits to theatres, forest parks and cinemas. Working with specialist schools and youth groups, whose pupils are disabled or who have learning difficulties has been very successful, with over 250 being helped in many ways during the difficult year.

As with the Carer Support programme we also supplied challenge packs for those with disabilities and young carers and young carer hampers via TeensPLUS. This again proved extremely successful and well received. Setting the challenges stimulates and helps with mental stress and, is also some fun at the same time.

Outreach

With all our programmes we try to ensure a national reach as best as we possibly can, whether physically or virtually. We meet and reach out to organisations across the country to make them aware of our services. We have done this work within our Carer Support and TeensPLUS hampers, and our TeensPLUS challenge packs. Our Carer Support Spa Days are arranged at Ashdown Park Hotel which is local to those carers being invited. This Spa Programme will be expanded to include more areas in the future. Covid has restricted our presence at some functions and seminars during 2021 but we hope to attend more during 2022 and beyond.

Social Media

We continue to be very pro-active on the social media front building up large numbers of followers and getting our message across to a wide spectrum of people. It is also useful to keep in touch with our guest and volunteers, past and present.

Trusts and Corporate Fundraising

Whilst opportunities with businesses and trusts have been greatly reduced due to the current problems with the Covid pandemic, we were grateful for the level of funding support in 2021. We were delighted to be chosen by Psigma as one of their three selected charities for their 'Charity of the Year' and this will continue during 2022. We continue to receive donations thanks to the efforts of the fundraising team, and 2021 was a healthy one in that respect. We are grateful to those organisations, trusts and livery companies, including the Wheelwrights, Drapers and the Skinners' Companies who support our work. Organised events such as golf days which have in the past been an important source of income have mostly been cancelled, but we were grateful to Sweetwoods Golf Course and Club near East Grinstead to be nominated as their 'Charity of the Year' for 2021/22.

REPORT OF THE TRUSTEES

As circumstances in the charitable sector continue to improve, we will be looking forward to reactivating this very important link to our business connections.

Rebranding

The Trustees and staff agreed during 2020/21 that the charity should reflect how 3H has evolved and transformed over the decades.

‘3H - Helping Hands for Holidays’ was created almost fifty years ago, but today as our brief now extends much wider in disability than just holidays. However, 3H was still regarded as an important part of our identity, so our future lies as ‘The 3H Foundation’.

The exercise was carried out at no cost to the charity – with trustee and staff involvement.

‘Putting ability into disability’ is our strapline and that is our raison d’être!

Public benefit

The Trustees have regards to the guidance issues laid down by the Charities Commission on public benefit when reviewing the charitable company’s objectives and planning future activities. Applications to the charity are open to all who meet the eligibility criteria. Holidays and outings for our guests, carers and grant applications are a lifeline to help them cope with the difficulties and stresses of their everyday lives. In current times, this is more important than ever.

Financial Review

2021 continued to be a challenging year for the charity with Covid-19 disrupting many of our activities. We have sought to maximise opportunities and new initiatives to benefit as many people as possible as outlined earlier in this report. We have been grateful for the support of our donors. We have reviewed expenditure, and the Landlord maintained the reduction of the term of the lease from 3-year breaks to a rolling 12-month lease in 2021. With careful cashflow management and opportune fundraising strategies we ended the year with a surplus of £54,482 (2020: £8,454). This is funds that will be supporting our beneficiaries in 2022.

Investment Policy and Objectives

3H operates a low-risk attitude towards investment whilst looking for reasonable returns. The trustees are satisfied with the performance of investments in the year under review.

Reserves

We are susceptible to financial market conditions, so it is the aim of the trustees to endeavour to hold reserves equal to the restricted funds, operating costs and commitments for a six-month period, plus an additional amount to accommodate lease commitments and variations. This is in the region of £100,000 - £130,000. Our unrestricted free reserves, that is unrestricted reserves excluding those represented by tangible fixed assets and designated funds, amounted to £72,217 (2020: £56,490) at the balance sheet date.

THE FUTURE

Activity Holidays Programme

It is good news that the holidays for our young adults with disabilities will be restarting this year, 2022. An activity holiday where guests can go skiing, ride the speedboat safari and have a go at archery will take place in the summer at a tailor-made residential Centre in South Wales. In addition, a seven-night sailing holiday for twelve teenagers with four carers has been arranged with the Cirdan Sailing Trust who are based at Ipswich in East Anglia. More activity holidays are planned for 2023.

REPORT OF THE TRUSTEES

Holiday Grant Programme

Our Holiday Grant Programme is vital for families on low incomes with a disabled member to get a break away together as a family unit. In normal times the stress and strain of living with disability is hard, but during the pandemic it was infinitely worse. So it was really pleasing to be able to help so many people get away from the confinement of their surroundings. We fully expect the demand in the coming twelve months to be considerable, so our fundraising efforts specifically for this Grant Programme are fully focused to be able to help the maximum number of people. Some donors request that their funds are restricted to help people according to their wishes, and this the charity totally respects.

Carer Support Programme

We will continue to work with carer organisations in the south-east, and more recently elsewhere in the country, to organise 'Pamper Day' breaks for carers as well as sending out Carer Hampers to those who cannot leave those they care for. At Ashdown Park Hotel, carers come and spend a day relaxing in the spa where they receive a treatment and the use of the spa's facilities, enjoy lunch and afternoon tea, and go home refreshed ready to take up the next challenge with their batteries recharged.

TeensPLUS Programme

Through our TeensPLUS programme, we are continuing to work with schools who look after children with disabilities and/or learning difficulties, enabling them to enjoy days out in groups to visit theatres or events in rural or urban situations. One concept which has proved very popular with teenagers with disabilities is to engage, support and entertain them by providing challenge packs delivered to their door which aims to support the development of life skills. During the pandemic, many of these teenagers have suffered from mental issues and these packs brought much-needed relief to their lives.

Carer Support and TeensPLUS - Activity Hampers

Adult and young carers also get help and support by way of activity hampers full of respite gifts. We work with caring organisations to identify those who would benefit from recognition of the wonderful work they do supporting their loved ones and 3H have helped many carers in need.

The idea of sending a hamper came into being during the Covid restrictions, when the ability to be able to help disabled, people became almost impossible. The 3H office came up with the idea of getting hampers to those in their own homes – which included not just food items but also games and competitions which would help their days to have added interest and excitement. This proved very successful to the point that 3H are now working with community groups and carer organisations across the country to make these available to more and more people. Nominations come via lead organisations and will be available for both adult and teenager carers.

Summary

We do and will continue to liaise with other charitable organisations and community groups, schools and health professionals in order to offer the best possible help to our beneficiaries, now and in the future.

STRUCTURE GOVERNANCE AND MANAGEMENT

Governing Document

3H Foundation is a company limited by guarantee (registered number 16902530) Governed by its Memorandum and Articles of Association dated 1983 (amended July 2018). It is registered as a charity with the Charity Commission (registration number 286306). It changed its name to The 3H Foundation on 8 September 2021.

REPORT OF THE TRUSTEES

Members

The members of the company are the trustees and supporters of the charity. New members may be appointed at the discretion of the Trustees,

Recruitment, Induction and Training of Trustees

New Trustees are welcomed, and an induction pack is given to prospective applicants followed by informal/formal meetings with the Charity Manager, Chairman and /or Deputy Chairman, followed by circulation of the applicant's CV to the rest of the Board of Trustees if advised by the Chairman a/Deputy Chairman. The applicant may be formally invited to become a co-opted trustee prior to becoming elected at the AGM. In-house induction suited to the skills/experience/responsibilities of the new trustee is undertaken.

In January 2021 David Pate was welcomed to the board.

Organisational structure

The 3H Foundation is controlled by a Board of Trustees chaired by Stephen Clark.

At the annual Strategic Planning Meeting, the Trustees approve policies to be pursued during the coming year in terms of Group Holidays, the Grant Programme, the TeensPLUS Programme, the Carers Support Programme, the Hamper and Challenge Packs and avenues for fundraising.

During 2021 Jane Davy the Charity Manager left 3H to pursue other opportunities and we were grateful for her contribution. Gaynor Harrison resigned in January 2022 to pursue her legal career and we were grateful for her contribution with fundraising. Bob Sparkes, Trustee resigned on 7 April 2021 and we were grateful for his contribution to the board in the time that he served.

The Charity currently employs five part-time members of staff: Corina Rumsey (Charity Manager) who reports to the Board of Trustees and manages the operational business of the charity in addition to duties as a Finance Officer; Bridget Perrin (Grants Administrator); Claire Sanderson (Operating and Marketing Lead) and Gaynor Harrison who resigned in January 2022 has been replaced by Sarah Dean (Trust & Corporate Fundraiser). Suzanne Vidamo has recently joined to support the Grants Programme. Both are welcomed to the 3H team.

Thanks is due to the trustees who have supported and encouraged the staff during the last year, but most of all the trustees want to acknowledge and thank the 3H team. Since May 2021 the team has been led by Corina Rumsey with renewed purpose and direction inspiring the team, who have performed so effectively with their dedication, care and compassion enabling so many beneficiaries to be supported.

Trustees

The Directors of the company, who are also the Trustees for the purpose of charity law, are set out on Page 1 of this Report.

STATEMENT OF TRUSTEES' RESPONSIBILITIES

The trustees are responsible for preparing the financial statements in accordance with applicable law and United Kingdom Generally Accepted Accounting Practice.

Company law requires the trustees to prepare financial statements for each financial year. Under that law the trustees have elected to prepare the financial statements in accordance with the United Kingdom Generally Accepted Accounting Practice (United Kingdom Accounting Standards and applicable law). Under company law the trustees must not approve the financial statements unless they are satisfied that they give a true and fair view of the state of affairs of the charitable company and of the surplus or deficit of the charitable company for that period. In preparing those financial statements, the trustees are required to:

REPORT OF THE TRUSTEES

- 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 UK 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 charitable company will continue in business.

The trustees are responsible for keeping adequate accounting records that are sufficient to show and explain the charitable company's transactions and disclose with reasonable accuracy at any time the financial position of the charitable company and enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the charitable company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

This report has been prepared in accordance with the provisions applicable to companies subject to the small companies' regime within Part 15 of the Companies Act 2006.

By Order of the Board

Stephen Clark

Chairman

Date: 26 April 2022

**THE 3H FOUNDATION
YEAR ENDED 31 DECEMBER 2021**

INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF THE 3H FOUNDATION

I report to the charity trustees on my examination of the financial statements of 3H Fund (Helping Hands for Holidays) for the year ended 31 December 2021.

Responsibilities and basis of report

As trustees of the charitable company (and also its directors for the purposes of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006.

Having satisfied myself that the financial statements of the charity are not required to be audited under Part 16 of the Companies Act 2006 and are eligible for independent examination, I report in respect of my examination of the charity's accounts as carried out under section 145 of the Charities Act 2011. In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5)(b) of the Charities Act 2011.

Independent examiner's statement

I have completed my examination and I can confirm that no matters have come to my attention in connection with the examination giving me cause to believe:

1. accounting records were not kept in respect of the Company as required by section 386 of the 2006 Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting requirements of section 396 of the 2006 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 accounts 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 and in order to enable a proper understanding of the accounts to be reached.

A S Healey FCA CTA DChA
Lindeyer Francis Ferguson Limited
Chartered Accountants
North House
198 High Street
Tonbridge
Kent TN9 1BE

Date: 26 April 2022

THE 3H FOUNDATION

STATEMENT OF FINANCIAL ACTIVITIES (*INCLUDING INCOME AND EXPENDITURE ACCOUNT*)
FOR THE YEAR ENDED 31 DECEMBER 2021

	Notes	2021 Unrestricted funds £	2021 Restricted funds £	2021 Total funds £	2020 Total funds £
INCOME FROM:					
Donations and legacies	3	130,836	97,050	227,886	146,244
Other trading activities: Fundraising events		241	-	241	136
Investment income		1,391	-	1,391	1,856
Total income		132,468	97,050	229,518	148,236
EXPENDITURE ON:					
Raising funds	4	15,403	-	15,403	13,654
Charitable activities	5	106,053	57,377	163,430	124,488
Total expenditure		121,456	57,377	178,833	138,142
Net gains/(losses) on investments		3,797	-	3,797	(1,640)
NET INCOME AND NET MOVEMENT IN FUNDS	7	14,809	39,673	54,482	8,454
RECONCILIATION OF FUNDS:					
Total funds brought forward		64,989	74,056	139,045	130,591
Total funds carried forward	13	79,798	113,729	193,527	139,045

THE 3H FOUNDATION

BALANCE SHEET AS AT 31 DECEMBER 2021

	Notes	2021 £	2020 £
FIXED ASSETS			
Tangible assets	9	-	36
CAF investment funds	10	78,152	72,964
		<u>78,152</u>	<u>73,000</u>
CURRENT ASSETS			
Debtors	11	32,541	4,550
Cash at bank and in hand		87,702	67,357
		<u>120,243</u>	<u>71,907</u>
CREDITORS: Amounts falling due within one year	12	(4,868)	(5,862)
NET CURRENT ASSETS		<u>115,375</u>	<u>66,045</u>
NET ASSETS		<u>193,527</u>	<u>139,045</u>
FUNDS			
Unrestricted funds	13	79,798	64,989
Restricted funds	13	113,729	74,056
		<u>193,527</u>	<u>139,045</u>

For the financial year ended 31 December 2021 the charitable company was entitled to exemption from audit under section 477 Companies Act 2006 relating to small companies.

Directors' responsibilities:

- The members have not required the company to obtain an audit of its financial statements for the year in question in accordance with section 476; and
- The trustees, who are also the directors of the charitable company for the purposes of company law, acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of the financial statements.

These financial statements have been prepared in accordance with the special provisions of Part 15 of the Companies Act 2006 relating to small charitable companies.

The financial statements were approved by the Board of Trustees on 26 April 2022 and were signed on its behalf by:

Stephen Clark - Chairman

Company number: 1690253

THE 3H FOUNDATION

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 DECEMBER 2021

1 STATUS

The 3H Foundation is a charitable company limited by guarantee incorporated in England & Wales. In the event of the company being wound up, the liability in respect of the guarantee is limited to £1 per member of the charity. The address of the registered office is given in the Trustees' Report.

2 ACCOUNTING POLICIES

The principal accounting policies adopted, judgements and key sources of estimation uncertainty in the preparation of the financial statements are as follows:

Basis of preparation

The financial statements have been prepared in accordance with "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) - (Charities SORP (FRS 102)), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Companies Act 2006.

The 3H Foundation meets the definition of a public benefit entity under FRS 102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy note(s).

On 8 September 2021 the charity changed its name from 3H Fund (Helping Hands for Holidays) to the 3H Foundation.

There are no material uncertainties about the charity's ability to continue, and so the going concern basis of accounting has been adopted.

The financial statements are prepared in pounds sterling, which is the functional currency of the charity, and rounded to the nearest £1.

Income

Donations and grants are recognised when the charity has entitlement to the funds, any performance conditions attached to the funds have been met, it is probable that the income will be received and the amount can be measured reliably. For donations this is usually on receipt. For grants this is usually when a formal offer is made in writing, unless the grant contains terms and conditions which must be met before the charity is entitled to the funds.

Income from legacies is recognised when there has been a grant of probate, the executors have established that there are sufficient assets in the estate to pay the legacy, and any conditions attached to the legacy are within the charity's control or have been met.

Holiday contributions represent the proportion of holiday costs recovered directly from the individual holiday-makers and carers; these are recognised when the holiday takes place.

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 DECEMBER 2021

2 ACCOUNTING POLICIES continued

Expenditure

Expenditure is recognised when there is a legal or constructive obligation to transfer resources to a third party, settlement is probable and the amount can be measured reliably. Expenditure is stated gross of irrecoverable VAT and has been classified under headings that aggregate all costs related to the category. Grants payable are accounted for when the grant has been promised in writing to the recipient.

Staff costs are allocated across fundraising, the four charitable activities and administrative activities undertaken by the charity on the basis of staff time. Support costs are allocated to charitable activities on the basis of direct costs and staff costs.

Financial instruments

The charity only has financial instruments which are classified as basic financial instruments. Short-term debtors and creditors are measured at the settlement value. Any losses from impairment are recognised in the statement of financial activities.

Taxation

The charity is exempt from corporation 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 the 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.

Designated funds are unrestricted funds which are set aside by the trustees from time to time for specific purposes.

Tangible fixed assets and depreciation

Tangible fixed assets are stated at cost less depreciation. Depreciation is provided at rates calculated to write off the cost less estimated realisable value of each asset over its expected useful life, as follows:

Fixtures, fittings and equipment:	25% on cost
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Investments

Investments held within CAF investment funds are stated at market value. All movements in valuation are taken to the statement of financial activities.

Pension scheme

The charity operates a defined contribution pension scheme for its employees. The assets of the scheme are held separately from those of the charity in an independently administered fund. The pension cost represents contributions payable by the charity to the fund.

Leasing

Rentals payable under operating leases are charged against income on a straight line basis over the lease term.

THE 3H FOUNDATION

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 DECEMBER 2021

3 INCOME FROM DONATIONS AND LEGACIES	<i>2021</i> £	<i>2020</i> £
Donations and grants	227,416	146,053
Legacies	470	191
	<u>227,886</u>	<u>146,244</u>

In the prior period, restricted income from donations and legacies amounted to £49,100.

4 EXPENDITURE ON RAISING FUNDS	<i>2021</i> £	<i>2020</i> £
Allocated costs:		
Staff costs	10,707	7,821
Support costs (Note 6)	4,696	5,833
	<u>15,403</u>	<u>13,654</u>

5 EXPENDITURE ON CHARITABLE ACTIVITIES

	<i>2021</i> <i>Direct</i> <i>costs</i> £	<i>2021</i> <i>Staff</i> <i>costs</i> £	<i>2021</i> <i>Support</i> <i>costs</i> £	<i>2021</i> <i>Total</i> £	<i>2020</i> <i>Total</i> £
Holiday programme	1,500	5,674	3,146	10,320	9,327
Grant programme	50,891	17,933	30,183	99,007	79,520
Outreach	-	3,056	1,340	4,396	4,318
Carers support	15,431	5,995	9,397	30,823	18,743
TeensPLUS	8,920	4,207	5,757	18,884	12,580
	<u>76,742</u>	<u>36,865</u>	<u>49,823</u>	<u>163,430</u>	<u>124,488</u>

The direct costs of the Grant Programme relate to grants made to individuals to enable disabled people on low incomes to organise a modest UK holiday with their families and / or carers.

In the prior period, restricted expenditure on charitable activities amounted to £26,417.

THE 3H FOUNDATION

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 DECEMBER 2021

6 SUPPORT COSTS	2021	2020
	£	£
<i>General support</i>		
Staff costs	27,704	24,737
Office accommodation	10,191	13,832
Insurance	4,034	6,797
Telephone, post and stationery	2,594	2,328
Repairs, maintenance and computer costs	1,969	1,728
Other office running expenses	2,847	3,851
Depreciation	36	125
Payroll and accounts preparation	3,164	3,052
<i>Governance</i>		
CQC costs	80	721
Independent examination	1,900	1,850
	54,519	59,021

7 NET INCOME AND NET MOVEMENT IN FUNDS	2021	2020
	£	£
This is stated after charging:		
Depreciation	36	125
Operating lease rentals	8,610	10,250
Independent examiner's fees - examination	1,900	1,850
Independent examiner's fees - accounts	1,500	1,500
Independent examiner's fees - other services	1,664	1,552

8 STAFF COSTS	2021	2020
	£	£
Wages and salaries	71,721	64,135
Employer's National Insurance contributions	-	212
Employer's pension contributions	3,555	2,975
	75,276	67,322

The average number of employees during the year was 5 (2020: 5). No member of staff earned over £60,000 in the year or the previous year. None of the trustees received any remuneration in their capacity as trustee during the year, and no trustees were reimbursed expenses (2020: none).

The key management personnel of the charity is considered to be the trustees and the Charity Manager. The total emoluments of the key management personnel of the charity were £24,570 (2020: £11,375).

THE 3H FOUNDATION

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 DECEMBER 2021

9 TANGIBLE FIXED ASSETS

*Fixtures,
fittings &
equipment
£*

Cost

At 1 January 2021

7,778

At 31 December 2021

7,778

Depreciation

At 1 January 2021

7,742

Charge for the year

36

At 31 December 2021

7,778

Net book value

At 31 December 2021

-

At 31 December 2020

36

10 CAF INVESTMENT FUNDS

2021
£

2020
£

Market value at 1 January 2021

72,964

72,795

Dividends and interest accumulated

1,391

1,809

Change in market value

3,797

(1,640)

Market value at 31 December 2021

78,152

72,964

Analysis of funds (all held within the UK):

CAF Income Fund

33,466

34,111

CAF Balanced Growth Fund

44,686

38,853

78,152

72,964

11 DEBTORS

2021
£

2020
£

Prepayments and accrued income

32,541

4,550

32,541

4,550

THE 3H FOUNDATION

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 DECEMBER 2021

12 CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2021 £	2020 £
Accruals	4,336	5,255
Other taxation and social security	532	607
	<u>4,868</u>	<u>5,862</u>

13 ANALYSIS OF CHARITABLE FUNDS

<i>Current year</i>	<i>At 1 Jan 2021 £</i>	<i>Incoming resources £</i>	<i>Resources expended £</i>	<i>Net gains on investments £</i>	<i>At 31 Dec 2021 £</i>
Unrestricted funds:					
General fund	56,526	121,968	(110,074)	3,797	72,217
Designated funds	8,463	10,500	(11,382)	-	7,581
	<u>64,989</u>	<u>132,468</u>	<u>(121,456)</u>	<u>3,797</u>	<u>79,798</u>
Restricted funds:					
UK Holiday Grant Programme	50,406	69,550	(50,277)	-	69,679
Holiday Programme	17,650	-	-	-	17,650
TeensPLUS	6,000	26,400	(6,000)	-	26,400
Carers Support Programme	-	1,100	(1,100)	-	-
	<u>74,056</u>	<u>97,050</u>	<u>(57,377)</u>	<u>-</u>	<u>113,729</u>
Total funds	<u>139,045</u>	<u>229,518</u>	<u>(178,833)</u>	<u>3,797</u>	<u>193,527</u>
<i>Prior year</i>	<i>At 1 Jan 2020 £</i>	<i>Incoming resources £</i>	<i>Resources expended £</i>	<i>Other gains / transfers £</i>	<i>At 31 Dec 2020 £</i>
Unrestricted funds:					
General fund	73,981	90,136	(105,951)	(1,640)	56,526
Designated funds	3,237	9,000	(5,774)	2,000	8,463
	<u>77,218</u>	<u>99,136</u>	<u>(111,725)</u>	<u>360</u>	<u>64,989</u>
Restricted funds:					
UK Holiday Grant Programme	34,773	44,050	(26,417)	(2,000)	50,406
Holiday Programme	12,600	5,050	-	-	17,650
TeensPLUS	6,000	-	-	-	6,000
	<u>53,373</u>	<u>49,100</u>	<u>(26,417)</u>	<u>(2,000)</u>	<u>74,056</u>
Total funds	<u>130,591</u>	<u>148,236</u>	<u>(138,142)</u>	<u>(1,640)</u>	<u>139,045</u>

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 DECEMBER 2021**

13 ANALYSIS OF CHARITABLE FUNDS (continued)

The Holiday Programme relates to funds received specifically for group holidays.

The UK Holiday Grant Programme relates to funds received specifically for the programme and / or to benefit a particular geographical area or a particular group, for example children. In the previous year there was a transfer from this restricted fund of £2,000 to designated funds due to a donation being incorrectly allocated as restricted in 2019.

TeensPLUS relates to funds received specifically for young carers and adults aged 13 to 25. Funds are used to provide activities at home and to provide funded activities and day trips for schools and youth organisations.

The Carers Support Programme relates to funds received to support carers. Funds are used to provide pamper days, pamper hampers and afternoon tea vouchers.

Unrestricted funds are designated towards planned activities where potential deficits on restricted fundraising or contributions from individuals has been noted. At the year end designations have been made to fund specific grants and activities for children in 2022.

14 ANALYSIS OF NET ASSETS BETWEEN FUNDS

<i>Current year</i>	<i>Unrestricted funds 2021 £</i>	<i>Restricted funds 2021 £</i>	<i>Total funds 2021 £</i>
Investments	78,152	-	78,152
Net current assets	1,646	113,729	115,375
	<u>79,798</u>	<u>113,729</u>	<u>193,527</u>
<i>Prior year</i>	<i>Unrestricted funds 2020 £</i>	<i>Restricted funds 2020 £</i>	<i>Total funds 2020 £</i>
Tangible fixed assets	36	-	36
Investments	72,964	-	72,964
Net current assets	(8,011)	74,056	66,045
	<u>64,989</u>	<u>74,056</u>	<u>139,045</u>

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 DECEMBER 2021

15 FINANCIAL COMMITMENTS

At 31 December 2021 the charity was committed to making total future lease payments under non-cancellable operating leases are follows:

	2021 £	2020 £
Land and buildings		
Operating leases which are due within one year	6,833	6,833

16 RELATED PARTY TRANSACTIONS

During the year, the charity obtained design services totalling £630 (2020: £630) from Hold Design Agency, a business in which Ed Langridge's son is a director.