

# ***EL TELEFONO DE LA ESPERANZA***



## ***A MATTER OF HOPE***

***Improving mental health & supporting you in difficult times***

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**Trustees' Annual Report & Financial Statement**

**Year ending 31 May 2019**

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**A COMPANY LIMITED BY GUARANTEE WITHOUT SHARE CAPITAL**

**CHARITY REGISTRATION No. 1145474**

**COMPANY REGISTRATION No. 06910719**

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## THE CHARITY

El Telefono de Esperanza is dedicated to supporting the mental wellbeing and social integration of migrants and refugees, especially – but not exclusively – of the Spanish and Portuguese speaking communities in the UK. We are predominantly focussed on communities in London.

We provide emergency crisis intervention, a low cost 'Talking Therapy' service, personal development programmes and support for good mental health of migrants.

At our office we operate our crisis intervention phone line and low cost therapy service, in addition to conferences, courses, workshops, seminars, one-on-one therapy, couples and/or family therapy, and group therapy.

We have 38 volunteer members who have supported around 3,200 people during the last year. People contact us through personal recommendations, self-referrals via our publicity, and referrals from the NHS.

Contact details:

Registered Office: St. Paul's Church, Lorrimore Square, Kennington, London, SE17 3QU

Telephone: 02077330471

Mobile: 07932225355

Email: [info@telefonodelaesperanza.org.uk](mailto:info@telefonodelaesperanza.org.uk)

Website: [www.telefonodelaesperanza.org.uk](http://www.telefonodelaesperanza.org.uk)

Facebook: Teuklondres

Twitter: @teuklondon

## DIRECTOR'S REPORT

Hope is an important value and a great attitude I always want to have in my life. It is an attitude of expectancy provoking an unconditional positive outlook. Hope is faith and faith is hope – and this is at our core in promoting wellbeing and mental health.



This past year has been another challenging one for El Telefono de Esperanza. We had a year of financial difficulties facing an uncertain future with regard to premises in Kennington.

Despite this, our vital work has continued and, with the efforts of our member volunteers and supporters, we have been able to turn our fortunes around.

We restructured some aspects of the Organisation and empowered the management committee and trustee team. We appointed Richard Carter and Giovanna Quintero to our Board as Trustees. Richard is a retired Senior Civil Servant in the Department of Health and brings very important experience and contacts to support our growth and services. Giovanna qualified as a Psychologist at the Pontificia Javeriana's University in Cali, Colombia in 1996. She has worked with children and adults experiencing domestic violence. In the UK she has taught immigrant children with disabilities, behavioural and learning difficulties. Giovanna also delivers part of the training to El Telefono de Esperanza staff and leads workshops for our service's users.

In addition, we still count on Revd. Ralph Williamson with his highly valued supervisory and counselling support for some of our members.

In line with our strong and continuing commitment to international cooperation we have relationships with organisations such as: IFOTES (International Federation of Telephone of Emergency Service, based in Geneva), Spanish Universities (Barcelona, Comillas in Madrid,), Queen Mary University Roehampton, Lambeth College and the Berne Institute. We also have the links with RED ATENEA and the Viktor Frankl Institute (in the UK and internationally in the USA and Austria), the International

Association of Suicide Prevention (IASP) and we are formally linked with the World Health Organisation (WHO).

In the UK, we continue to work closely with the consulates of Spain, Portugal, Colombia, Ecuador, Mexico and other Latin American countries, Southwark and Lambeth councils and various local businesses in London.

We pioneered the CLAUK (Consortium of Latin-American organisations in the UK) and have linked our services with other local professional Organisations, such as the South London and Maudsley Hospital (SLaM/NHS), IAPT in Southwark and Lambeth.

We have worked on projects with the Young Lambeth Cooperative as well as LAWA (Latin-American Women Aid), IRMO (Indoamerican Refugee and Migrant Organisation), LAWRS (Latin-American Women Rights), CASA LATINA (legal advocacy and legal aid), Mental Fight Club (Dragon Cafe promoting wellbeing and good mental health), The London REEL-FILM Festival (promoting a mental wellbeing through culture and film events), Mano Amiga (legal aid and emotional support for Latin-American people), Latin Women UK (Birmingham) and Lambeth Portuguese Wellbeing Partnership (LPWP).

As well as our ongoing activities, we received some special funding to support our Among Friends programme. This ran for a number of Saturdays during the year with the purpose of integrating people at events, with a focus on cultural wellbeing, support through occupational therapies and activities. Overall around 544 people attended our ongoing events and workshops connected with mental wellbeing and cultural programmes.

To support our volunteer members, we provide training programmes and continuing professional development (CPD). It is important that all our members are well trained to ensure that the needs of vulnerable people are met in a professional, confidential and ethical way. All our volunteer member counsellors now receive formal in-house supervision sessions and individual therapeutic support. We aim to follow the best ethical and professional codes of conduct for our counselling and psychotherapy activities. Our members are in the process of gaining their accreditations with The British Psychological Society (BPS), British Association for Counselling and Psychotherapy (BACP) and/or United Kingdom Council for Psychotherapy (UKCP).

Once again I would like to take this opportunity to personally thank all our volunteer members and supporters. Most particularly my co-directors who have worked with me very closely and in general to you all for your ongoing dedication and support which is so important to me. I wouldn't be able to reach to this point without such support and feelings of hope.

## **HISTORY AND BACKGROUND**

In 2003 Nancy Liscano was working on the Radio program " En contacto" The program audience were Spanish speakers who welcomed the support offered for their emotional well being and mental health through workshops, seminars and events for children and families. In 2004, Ernesto Ortega contacted Nancy in order to propose to her the creation of Telefono de la Esperanza (Hope) UK. Nancy was trained by the president of the Spanish Charity himself whilst achieving her PhD studies in Madrid. She also started to build the basis and structure of the organisation by training future London volunteers with free mental health programs.

On 11 April 2016, the new institution was formally constituted with the settled program: " Agentes de ayuda" (Aid agents). In October 2008, the telephone helpline for crisis intervention is opened.

A big restructure started to take place in 2017 with the name being changed to VOADES UK, for marketing purposes. With Nancy as vice president; the Organisation became a member of the International Federation Voces Amigas de Esperanza. This change has brought wider scope and new approaches to the way the Organisation plays its important role as an emotional health school for the promotion of the mental wellbeing of Latin and Portuguese immigrants.

## **LINK TO VOADES – VOCES AMIGAS DE ESPERANZA**

In the course of the last year, we have conducted a process of reflection on our mission and vision, we consolidated a link with the International federation of Voces Amigas de Esperanza (VOADES), and together with Spain, Portugal, Colombia, Chile, Ecuador, Peru, Honduras, Mexico, and other centres in Latin-America, Morocco and Japon , we find ourselves now in a stronger position to serve our communities in the UK. This better reflects the extension of our focus and commitment to migrants more widely than Spanish and Portuguese speakers.

## **STRUCTURE, GOVERNANCE AND MANAGEMENT**

### **OUR MISSION, VISION AND VALUES-PRINCIPLES**

#### **OUR MISSION**

The mission of El Telefono de la Esperanza now VOADES UK is to promote a culture of wellbeing and personal development, preventing mental illness of migrants and refugees, from Spanish and Portuguese-speaking communities living in the UK. We are immigrants working for immigrants, offering ethical and professional support to people in times of crisis and distress. We promote their interaction and integration in British society. We aim to advance our motto: 'Take care of our mental wellbeing'.

#### **OUR VISION**

El Telefono de la Esperanza aims to be a pioneer – an altruistic and professional Organisation exercising emotional support in the community. Run by trained and committed volunteer members, we use a Relational Skilled Helper approach. We remain open to addressing new challenges and extending our support beyond Spanish and Portuguese-speaking communities.

#### **VALUES AND CORE PRINCIPLES**

1. El Telefono de la Esperanza is a non-profit, non-governmental, voluntary, social action, development organisation. Our main purpose is to offer professional, ethical and comprehensive crisis intervention and low cost emotional therapeutic support services to migrants and refugee primarily but not exclusively from Spanish and Portuguese-speaking communities. We promote a culture of wellbeing and emotional health.
2. We believe in the personal capacity of individuals to overcome crises and difficulties, empowering their abilities to develop their full potential as human beings, via a holistic approach of keeping hope alive whilst undergoing difficulties.
3. Our principle of solidarity – 'taking care of the wellbeing of migrants' – is the foundation of our professional practice, offering needs-based assistance in the context of primary care to as many people we can, empowering individuals, families and/or groups in crisis, experiencing change and/or migration.
4. We respect all individuals' rights regardless of their gender, marital status, disability, religious beliefs, political views and ideologies and sexual orientation.
5. We maintain a crisis intervention service 365 days a year from 8 am to 10 pm UK-time.
6. We maintain the highest standards of confidentiality and anonymity for our clients and people who access our services either by phone, on-line and/or individual face-to-face and/or couples and/or group therapy.

7. We are committed to the continuing professional development (CPD), the personal promotion and training of volunteer members, based on the relevant ethical and professional codes of conduct, as an essential element of our organisation.

8. We promote a culture of wellbeing and emotional health through the development and implementation of psychological training programmes and offering professional emotional support and social integration. We are involved in academic research and promote campaigns surrounding mental wellbeing in our communities.

9. We continually update and monitor our communication services and our crisis intervention helpline, and expand our mission through new technology to facilitate the promotion of good emotional health and wellbeing of migrants, lonely people and individuals experiencing difficulties.

10. We share the principles with VOADES and the International Federation in Portugal, Spain, Morocco, Colombia, Chile, Ecuador, Bolivia, and Honduras.



## MANAGEMENT BOARD: TRUSTEES (DIRECTORS)

Who we are		
		
Mr Ernesto Ortega		Mr Richard Carter
		
Mrs Adriana Galeano	Ms Giovanna Quintero	Ms Nancy Liscano

Our Directors are nominated by Acting Directors and selected by the members of the charity in our Annual General Meeting. Day-to-day leadership and management, both professional and practical, is provided by the Management Committee.

The charity does not have paid staff. All members of the charity provide their services and carry out the charity's activities on a voluntary basis (i.e. unpaid).

All new members, volunteers and advisers must go through an induction process at the start of their work with El Telefono de la Esperanza. They must have a clean Disclosure and Barring Service (DBS) registration. This process helps to familiarise everyone with the aims, objectives and structures of the organisation, as well as the policies and procedures that are likely to be of relevance to their work.

Each area of activity is managed by a Director, assisted by a Co-director and volunteer members.

### OUR IN-HOUSE TRAINING COURSE FOR MEMBERS:

We provide communication and therapeutic training courses for volunteer members, to give them basic and advanced tools as required, knowledge and confidence to engage with vulnerable people, with sensitivity and professionalism.

In addition, we provide resilience and wellbeing training that provides volunteer members with techniques that support their own emotional wellbeing in their private and/or work life.

For more than 13 years, our dedicated team has delivered these courses under our 'Aid Agents Programme', which consists of two parts:

**First Part:**

This part focuses on self-knowledge, personal growth, and the therapeutic process of individuals. We believe that when our volunteer members are comfortable on their own personal journey, it is much easier for them to accompany others on their journey.

***Self-Awareness Course:*** Consists of three intensive days of theoretical work, followed by twelve therapy sessions of two hours each, weekly to enable the volunteer to consolidate a personal self-concept and their personality's make-up.

***Personal Growth and Development Course:*** Consists of three intensive days of theoretical work, followed by 12 therapy sessions of two hours each, weekly, to consolidate more grounded personal growth and development.

**Second Part:**

The second part provides guidance on practical listening skills and therapeutic practical. Skilled helpers and relational helping professionals provide this course. This equips all our members with a professional attitude in delivering professional crisis intervention.

***Skilled Relational Helper Therapy Seminar***

This seminar consists of a relational therapeutic practice, focused under a humanistic psycho-educational approach, allows for emotional support and an acknowledgement of an ethical framework for duty of care.

This seminar links to three other training options:

- a) The 'help-line crisis intervention course', 'a professional approach to talking therapies seminar';
- b) 'The leadership workshop' and Help-line techniques, short or long term emotional support and guidance for leadership; and
- c) 'Professionals' Seminar', for fully qualified counsellors and/or psychotherapists (or counsellor trainees). This is an advanced seminar for Counselling and Psychotherapy, consisting of 10 practical seminar sessions of two hours, during a period of ten weeks and it is valid to formalise hours of a Continuing Personal Development (CPD).

All of these activities are carried out by 45 members on a voluntary basis.

## OBJECTIVES AND ACTIVITIES

The main objective of the charity is to provide support in emotional and mental health and general wellbeing for migrants and refugees mainly, but not exclusively, for the Spanish and Portuguese-speaking communities in the UK. Our purpose is to help develop the ability of people to overcome a crisis, to keep hope during difficult times and to develop their full potential as human beings.

El Telefono de la Esperanza provides services aimed at the prevention and management of emotional and psychological crisis, and the promotion of emotional and mental wellbeing.

We believe in prevention of harm and the promotion of emotional health, and thus we develop programmes and campaigns within the community. People using our services can take workshops, including, 'Think well and feel better', 'Be yourself' (aimed at young people), 'Emotional autonomy', 'Learn to love'. We also run the campaign, 'Your emotional health is as important as your work, study, family'. This campaign is being conducted jointly with CLAUUK (a coalition of fifteen Latin American organizations).

For the last eight years we have organised an International Congress on mental health for immigrants. Last year the event took place in Brussels counting with a number of 400 participants and 87 international speakers offering workshops. El Telefono de la Esperanza presented a research on mental health within the immigrant Latin American community in London, and the Youth Collective within the Organisation spoke about their Wellbeing and Mental Health Lead Family Migrant support.

## THE CHARITY'S MAIN ACTIVITIES:

- A telephone helpline counselling service that runs all year, operated by volunteers who have been trained in listening and crisis support skills.
- Personal support and guidance: a low cost service, with multidisciplinary therapies provided by professionals (counsellors, psychologists, social workers, lawyers and others) who provide one-to-one support in interviews and/or couples therapy.
- Family counselling: provided by trained family counsellors and therapists in response to specific needs.
- Workshops, courses and conferences on specific subjects, such as domestic violence, improving parenting skills' and healthy relationships with children, the emotional health and wellbeing of immigrants. Facilitated by trained professionals in response to identifiable needs.
- Training for members and volunteers: workshops and courses on personal development, learning to help others, compliance with safeguarding, confidentiality, protection policies, and others.

- Participation in conferences and campaigns to deal with isolation, to promote mental health and foster integration.
- Weekly participation in broadcasts in Spanish by Express News - Extra Radio for the Spanish speaking community, on emotional health issues and education. El Telefono de la Esperanza also contributes articles about emotional health for the community newspaper: Express News.
- Activities to promote integration, such as Among Friends, that provides a space for the community as a whole.
- Wellbeing activities, such as, 'Body tapping balance' and 'Mindfulness'.
- Activities for the social-emotional development for children and teenagers during school holidays.
- Activities for lonely people at Christmas, providing spaces for integration and celebration of Christmas festivals.
- Celebrations of International Mental Health and Prevention of Suicide days, involving other organizations and the media.
- Celebration of the Day of Listening on 15<sup>th</sup> November, as part of a campaign for emotional support and activities promoting emotional help.
- A conference on emotional health for one week annually.
- 'Listening to combat loneliness programmes'.

## ACHIEVEMENTS AND PERFORMANCE

During the year from 1 June 2018 to 31 May 2019, the charity's key achievements were the following:

- Our telephone helpline service assisted 1,294 people in crisis.
- Personal support and assistance was provided to 364 people in 858 one-to-one sessions.
- Family counselling was provided to more than 100 families.
- Workshops, courses and conferences were carried out with more than 1,085 participants in total, on the following subjects: managing stress and anxiety, improving parents' relations with their children, suicide prevention, self-esteem and personal development, mental health challenges faced by immigrants, and developing healthy communication.
- A Congress and campaigns to promote good mental health and foster integration led by El Telefono de la Esperanza in partnership with 15 other organizations members of CLAUK.
- All in all we have participated in more than 40 events with over 4,200 participants in total.

## ACTIVITIES CARRIED OUT

Our programme of activities included courses, workshops, conferences and events for children, lonely people and couples. Furthermore, el Telefono de la esperanza supported integration to the community with the programme of prevention and promotion of emotional wellbeing.

**TABLE 1**

MAIN ACTIVITIES						
Date	Description	Participants	Sessions	Hrs	Hrs x Act	Responsible
27 Aug	Youth Camp Brussels	50	10	2	20	Nancy L,Tania Ian,Yerson
7 Sep	Personal growth course	15	11	2	22	Nancy Liscano Yerson,Conchi
30 Sep	Migratory Grief	30	1	2	2	Nancy Liscano, Yerson
15 Oct	Latin Youth Celebration	100	1	4	4	Nancy Liscano, Yerson
2 Nov	Dance Therapy	20	16	2	32	Giovanna
10 Nov	Children Art Therapy	13	16	2	32	Giovana
17 Nov	Emotional intelligence for children	20	1	3	3	Nancy Liscano, Giovanna
22 Feb	Self-Awareness course	15	11	2	47	Teo, Nancy L, Ever, Conchi,Maca, Yerson
14 Mar	Learn to live workshop	7	5	2	10	Raul,Yerson
18 May	Relationship Seminary	10	4	6	24	NancyL, Conchi,Ever
25 May	Therapeutic Day	40	1	4	4	Nancy L, Anabella
26 May	Life is a Donut	15	1	4	4	Nancy L, Anabella
<b>TOTAL</b>		<b>335</b>	<b>78</b>	<b>35</b>	<b>204</b>	

**El Telefono de la Esperanza - Trustees' Annual Report & Financial Statement**  
**Year ended 31 May 2019**

**TABLE 2**

<b>AMONG FRIENDS</b>				
<b>Date</b>	<b>Description</b>	<b>Participants</b>	<b>Hours</b>	<b>Responsible</b>
21 Jul	Solidarity's Picnic	100	6	Nancy L, Raul, Yerson
2 Sep	Body Tapping & Energy Balance	30	14	Maria
15 Nov	Bio electromagnetics	20	20	Ernesto
9 Feb	Valentine Day	50	6	Olga, Yerson
30 Mar	International mother language day	30	3	Jose, Yerson
13 Apr	Reflexology	15	15	Iris
18 Apr	Yoga	15	8	Olga

260                      72

**PERMANENT EDUCATION**

<b>Date</b>	<b>Description</b>	<b>Participant</b>	<b>Sessions</b>	<b>Hours</b>	<b>Responsible</b>
19 Jun	How to love and not die in the attempt	10	6	12	Ever
24 Nov	Aid Agent Meeting	17	1	6	Nancy L, Ernesto
28 May	Enneagram and personality	15	1	3	Annabella

42                      8                      21

El Telefono de la Esperanza cooperated with the development at the international and UK-level, of:

**TABLE 3**

<b>EXTERNAL EVENTS</b>				
<b>Date</b>	<b>Organisation</b>	<b>Description</b>	<b>Participants</b>	<b>Responsible</b>
30 Jun	Carnaval del Pueblo	Southwark Carnaval	1200	Nancy Liscano, Petronila, Conchi, Tania, Yerson
6 Jul	CLAUK	6to Anniversary	150	Nancy Liscano, Yerson
19 Oct	ATENEA Network	VII Internacional Mental Migrant Health Congress	400	Nancy Liscano
11 Nov	Brixton Reel film festival	Virginia Casta Film	150	Nancy Liscano, Yerson
1 Jan	Carnaval del Pueblo	New Year Parade	5 000	Nancy Liscano, Conchi, Yerson

**Total                      6 900**

## EL TELEFONO DE LA ESPERANZA

### REPORT OF THE TRUSTEES

The Trustees, who are also Directors of the charity for the purposes of the Companies Act 2006, present their report with the financial statements of the charity for the year ended 31st May 2019.

### FINANCIAL REVIEW

#### Review of financial position

Turnover decreased to £110,650 a 25% reduction from the previous year.

A small deficit was realised in the year.

#### Reserves policy

Unrestricted reserves stand at £10,024 at 31 May 2019.

With no paid employees, this is sufficient for our target of core costs.

## STRUCTURE, GOVERNANCE AND MANAGEMENT

### Governing document

The company was established under a Memorandum of Association, which established the objects and powers of the charitable company and is governed under its Articles of Association.

### Appointment of the trustees

New trustees are considered on the basis of any gaps in the skills of the board. They are invited to meet the existing trustees and senior members of staff and familiarise themselves with the work of the charity. An information pack is provided, which includes the Memorandum and Articles of Association, policies and procedures on issues such as delegated authority, recruitment, equal opportunities, and guidance on conflicts of interest.

## THE COMPANY

El Telefono de la Esperanza is a company limited by guarantee with no share capital, registered in England and Wales (Company Registration No. 06910719) and a registered charity (Charity Registration No. 1145474).

### Trustee remuneration

No trustee received any remuneration from the charity during the year (2018: none).

In 2018/19 expenses reimbursed to the trustees during the year was £nil. (2018: £nil)

### Public benefit statement

The Trustees confirm that they have complied with the duty in Section 17 of the Charities Act 2011 to have due regard to the Charity Commission's general guidance on public benefit, "Charities and Public Benefit".

### Risk statement

The trustees have assessed the major risks to which the charity is exposed, in particular those relating to the specific operational areas of the charity, its investments and finances. The trustees believe that by monitoring reserve levels, by ensuring controls exist over key financial systems and by examining the operational and business risks faced by the charity, they have established effective systems to mitigate those risks.

#### TRUSTEES RESPONSIBILITY STATEMENT

The Trustees (who are the directors of El Telefono de la Esperanza for the purposes of company law) are responsible for preparing the Annual Report and the financial statements in accordance with applicable law and regulation.

Company law requires the trustees to prepare financial statements for each financial year, which give a true and fair view of the state of the affairs of the charitable company as at the balance sheet date and of its incoming resources and application of resources, including income and expenditure, for the year then ended.

In preparing those financial statements, which give a true and fair view, the trustees are required to:

- Select suitable accounting policies and then apply them consistently
- Make judgments and estimates that are reasonable and prudent
- Observe the methods and principles in the Charities SORP.
- State whether applicable accounting standards have been followed, subject to any material departures disclosed and explained in the financial statements
- Prepare the financial statements on the going concern basis unless it is inappropriate to assume that the company will continue on that basis

The trustees are responsible for maintaining proper accounting records, which disclose with reasonable accuracy at any time the financial position of the charitable company and to enable them to ensure that the financial statements comply with the Companies Act 2006. The trustees are also responsible for safeguarding the assets of the charity and taking reasonable steps to prevent fraud and other irregularities.

The trustees are responsible for the maintenance and integrity of the charity website. Legislation in the United Kingdom governing the preparation and dissemination of accounts may differ from legislation in other jurisdictions.

The trustees confirm that as far as they are aware, there is no relevant information of which the charity's independent reviewer is unaware. They have taken all the steps that they ought to have taken as trustees in order to make themselves aware of any



relevant information and to establish that the charity's reviewers are aware of that information.



Ms Nancy Liscano  
Director

Date: 28 February 2020

**INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES**

**INTERNATIONAL PLENITUDE MINISTRIES**

I report on the accounts of El Telefono de la Esperanza for the year ended 31<sup>st</sup> May 2019 set out on the following pages which have been prepared on the basis of the accounting policies shown in the corresponding pages.

**Respective responsibilities of trustees and examiner**

The trustees of the church are responsible for the preparation of accounts: they consider that the audit requirement under section 43(2) of the Charities Act 1993 (the 1993 Act), does not apply. It is my responsibility to:

- Examine the accounts under section 43(2) of the 1993 Act.
- Follow the procedures laid down in the General Directions given by the Charity Commissioners made under section 43(7) (b) of the 1993 Act.
- State whether particular matters have come to my attention.

**Basis of Independent examiner's report**

My examination was carried out in accordance with the General Directions given by the Charity Commissioners. An examination includes a review of the accounting records kept by the church and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts and seeking explanations from you as trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently I do not express an audit opinion on the view given by the accounts.

**Independent examiner's statement**

In the course of my examination, no matter has come to my attention:

1. Which give me reasonable cause to believe that, in any material aspect, the trustees have not met the requirements to ensure that:
  - Proper accounting records are kept (in accordance with section of the Act)
  - Accounts are prepared which agree with the accounting records and comply with the accounting requirements of the Act: or
2. To which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.



Claudia Patricia Giraldo ACCA  
Unit 4 Holles House, Overton Road, London, SW9 7AP.

**Statement of financial activities (incorporating an income and expenditure account)**  
**FOR THE YEAR ENDED 31 MAY 2019**

	Notes	Unrestricted Funds	Restricted Funds	Total Funds 2019	2018
		£	£	£	£
<b>Incoming resources from generated funds</b>					
Voluntary income	2	110,650	-	110,650	147,969
Total incoming resources		110,650	-	110,650	147,969
<b>Resources expended:</b>					
<b>Charitable Expenditure</b>	3	114,096	-	114,096	149,575
Total resources expended		114,096	-	114,096	149,575
<b>Net incoming resources</b>		(3,446)	-	(3,446)	(1,606)
<b>Net movement in funds</b>					
<b>Total funds at 1 June 2018</b>		13,470	-	13,470	15,076
<b>Total funds at 31 May 2019</b>		10,024	-	10,024	13,470

All of the above results are derived from continuing activities. All gains and losses recognized in the year are included above.

The notes on pages 20 to 23 form part of these accounts

## BALANCE SHEET AS AT 31 MAY 2019

	Notes	2019 £	2018 £
<b>FIXED ASSETS</b>			
Tangible assets	6	5,384	7,179
<b>CURRENT ASSETS</b>			
Debtors and prepayments		-	
Cash at bank and in hand		<u>6,574</u>	<u>7,537</u>
		6,574	7,537
<b>CREDITORS: Amounts falling due within one year</b>	7	<u>(1,934)</u>	<u>(1,246)</u>
<b>NET CURRENT ASSETS</b>		<u>4,640</u>	<u>6,291</u>
<b>TOTAL ASSETS LESS CURRENT LIABILITIES</b>		<b><u>10,024</u></b>	<b><u>13,470</u></b>

## THE FUNDS OF THE ORGANISATION

Restricted income funds	8	-	-
Unrestricted income funds	8	<b><u>10,024</u></b>	<b><u>13,470</u></b>

For the year ended 31<sup>st</sup> May 2019 the company was entitled to exemption under section 477 of the Companies Act 2006 relating to small companies.

The members have not required the company to obtain an audit in accordance with section 476 of the Companies Act 2006.

The Directors acknowledge their responsibilities for complying with the requirements of the Act and with regard to accounting records and the preparation of the accounts.

The accounts have been prepared in accordance with the provisions applicable to companies subject to the small companies regime and in accordance with Financial Reporting Standard for smaller Entities (effective 2008).

The financial statements were approved by the Trustees 28<sup>th</sup> February 2020 and signed on its behalf by:



Ms Nancy Liscano  
Director  
Date 28 February 2020

## **1. BASIS OF PREPARATION AND ACCOUNTING POLICIES**

- (a) The accounts have been prepared under the historical cost convention, and in accordance with applicable accounting standards.
- (b) The company has taken advantage of the exemptions in Financial Reporting Standard No.1 from the requirement to produce a cash flow statement on the grounds that it is a small company.
- (c) The accounts have been prepared on the going concern basis.
- (d) Voluntary income is received by way of donations and gifts and is included in full in the Statement of Financial Activities when receivable. The value of services provided by volunteers has been included.
- (e) Grants, including grants for the purchase of fixed assets where applicable, are recognized in full in the Statement of Financial Activities in the year in which they are receivable.
- (f) Incoming resources from investments is included when receivable.
- (g) Resources expended are recognized in the period in which they are incurred. Resources expended include attributable VAT that cannot be recovered.
- (h) Unrestricted funds are donations and other incoming resources receivable or generated for the objects of the organization without further specified purpose and are available as general funds.
- (i) Tangible fixed assets are stated at cost less depreciation. Depreciation is provided at rates calculated to write off the cost less residual value over each asset's expected useful life, as follows:-

Furniture, equipment and computer equipment	18% straight line
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## 2. Incoming Resources

	2019 Restricted Income £	2019 Unrestricted Income £	2019 Total £	2018 £
Voluntary Income	-	110,650	110,650	147,969
United St Saviour's Charity	-	-	-	
Total	-	110,650	110,650	147,969

## 3. Charitable Expenditure

This is stated after charging:

	2019 £	2018 £
Depreciation	1,795	2,018

## 4. Trustees Remuneration and expenses

There were no trustees' remuneration or other benefits for the year ended 31st May 2018 nor for the year ended 31st May 2019.

### Trustees' expenses

Trustee's expenses were nil (2018 nil).

## 5. Salaries

No salaries were paid during the year. Volunteers carry out all activities.

## 6. Fixed Assets

	Furniture, equipment and computer equipment £
Cost	
As at 1 June 2018 and 31 <sup>st</sup> May 2019	11,215
Depreciation	
Balance b/f	4,036
Charge for the year	1,795
Balance c/f	5,831
Net book value 31 May 2019	5,384
Net book value 31 May 2018	7,179

## 7. Creditors: Amounts falling due within one year

	2019 £	2018 £
Other creditors	1,934	1,246
	1,009	1,246

## 8. Movements in Funds

	Restricted Reserves £	Unrestricted Reserves £
Balance at 1 June 2018	-	13,470
Income	-	110,650
Expenditure	-	114,096
Balance at 31 May 2019	-	10,024

## 9. Related Parties

There were no transactions with related parties.