

**Report of the Trustees and
Receipts and Payment Accounts
for the period ended 31 March 2020**

for

Hector's House

Hector's House

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Hector's House

Report of the Trustees for the year ended 31 March 2020

The Trustees are pleased to present their report together with the financial statements of the charity for the year ended 31 March 2020.

REFERENCE AND ADMINISTRATIVE DETAILS

Charity Name	Hector's House
Registered charity number	1165588
Charity's principal address	236a High Street Berkhamsted Hertfordshire HP4 1AG
Names of Trustees	R Stringer B Stringer J Cornell C Rowland D Millar A Cornell T Cornell (resigned 1 June 2019)
Independent Examiner	K Stone F.C.C.A. M.A.A.T.

Governing document

The governing document is a trust deed dated 24 November 2014.

Trustee selection

Trustees are usually appointed or reappointed annually at the annual general meeting held in February.

Summary of objectives

The charity's objective is to help prevent suicide, by:

- 1) making it easier to recognise the symptoms and to improve acceptance of mental health illness in society and try to improve discussion and communication and promote talking in society, so that the public might help with mental illness
- 2) increasing available help and resources
- 3) education of the public

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Summary of main activities in relation to these objectives

In planning our activities for the year, the trustees kept in mind the Charity Commission's guidance on public benefit. The main activities to further the objects include; attending seminars and also delivering at seminars on suicide prevention and mental health, CCGs, County Council Health and Wellbeing Boards, member of The Alliance of Suicide Charities (TASC) member of the National Suicide Prevention Alliance (NSPA). We have delivered talks on mental wellbeing and resilience in schools, workplaces, colleges., television, radio broadcasts and magazine editorials. We use social media including Facebook, Instagram and Twitter to talk about mental health issues and to signpost where to find help resources.

Summary of main achievements

Hector's House had another very busy year.

We are fortunate in benefitting from the fund-raising activities of many individuals and groups (we are always incredibly touched by this) as well as receiving grants from corporates and other grant making organisations. Yet again, we had a great team running the London 10K. People running marathons. Bake sales. Football tournaments. Schools fundraising, the list goes on. Some blogs and pictures from fundraising events are on the website.

These funds allow us to continue our main objectives, of raising awareness, education and support.

Awareness

We use social media, Facebook, Instagram & Twitter to reach as many people as possible. We also attend fund raising events, particularly in Herts, Beds & Bucks where we are able to communicate directly with people. We have continued to speak at key events attended by practitioners and social workers in the medical field. Various awareness events might be a festival, carnival or local rally type event. We still have a plan to refurbish an old horse box which will travel in the community to events and be a place where people can get to know us and what we do and also obtain support. We have attended and delivered at NHS conferences and school events. Hector's House is becoming well known, particularly locally via word of mouth and more extensively through social media and our connections with our charities and work on steering groups and organisations. We have also appeared in local and national newspapers with various articles this year and also on radio interviews, discussing mental health issues, including in the workplace.

Education

After launching the #EatMoveLove movement last year, we have continued to deliver this into schools, workplace and various conferences this year including a conference of practitioners and social workers. This is built around the Mental Health Foundation 10 steps to wellbeing. It is delivered to students, teachers, parents, corporates, in fact potentially everyone. We also deliver to relevant organisations on suicide bereavement support, raising awareness of the unique pain and grief affecting family, friends and community. We delivered talks to NHS conferences on bereavement by suicide and complicated grief. Unfortunately, we have again been called into schools where a suicide has occurred to offer support, to staff and pupils.

Working in Partnership

We sit on The Alliance of Suicide Charities (TASC), National Suicide Prevention Alliance (NSPA), Support After Suicide, The Suicide Prevention steering, task and finish groups in Hertfordshire and

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Buckinghamshire. We attend conferences and also deliver at conferences particularly where the lived experience is insightful.

We currently have one full time member of staff liaising with the Trustees, volunteers and organising events and delivery of #EatMoveLove. We have been fortunate to now be in a position, where since the year end, we have been able to take on another member of staff so that we can respond to request for delivery.

Support

Where someone is in crisis and needs help and no other help is forthcoming and where there is a financial need, we may facilitate some counselling or referral to local relevant support including a psychologist.

COVID-19

As we neared the end of the financial year, it became more apparent the charity was going to have to adapt to working in new ways, if we were to continue to provide the support and education at core of our objectives. As lockdown started, we were able to respond quickly and move services online, so that we could continue to provide courses, education and therapy as needed remotely.

Restricted Reserves

During the year we crowdfunded a total of £6,245 for the charity to buy a bus to enable us to attend events more easily. This is included in restricted reserves at the year end. The bus has been purchased in the next financial year.

Statement of the charity's policy on reserves

We are fortunate to have free reserves of £62,977. Our administration costs have been fairly consistent with the previous year however the charity's level of activity is increasing. There are ever increasing demands for support and we always need to keep funds in hand to offer an immediate response. Our ultimate goal remains to have an actual Hector's House whether rented or bought, the reserves need to build for the trustees to consider designating funds for this facility. It is believed the current level of reserves are not excessive given the increasing costs in the year ahead, the funds raised are all ad hoc there is no core funding.

DECLARATION

The Trustees declare that they have approved the trustee's report above.

Name R Stringer

Signed

Date 28/09/2021

Trustee, on behalf of Hector's House

Hector's House**Receipts and Payments Account
for the period ended 31 March 2020****RECEIPTS AND PAYMENTS**

	Unrestricted	Restricted	2020	2019
	£	£	Total	Total
			£	£
<u>RECEIPTS</u>				
Voluntary Income				
Donations	48,070	6,245	54,315	40,921
Grants	-	-	-	-
Fundraising Income	1,791	-	1,791	-
Gift Aid	1,246	-	1,246	-
Investments				
Deposit account interest	345	-	345	-
Total Receipts	51,452	6,245	57,697	40,921
<u>EXPENDITURE</u>				
Charitable Activities				
Youth Health Champions	-	-	-	-
Raising awareness & education	4,781	-	4,781	6,214
Counselling fees	1,800	-	1,800	1,060
Admin expenses	2,002	-	2,002	1,535
Insurance	481	-	481	481
Staff costs	21,039	-	21,039	7,961
Accountancy	1,956	-	1,956	345
Consultant	950	-	950	1,800
Training & conferences	243	-	243	5,454
Raising Funds				
Fundraising	2,363	-	2,363	4,641
Total Expenditure	35,615	-	35,615	29,491
<u>EXCESS OF RECEIPTS OVER PAYMENTS</u>	15,837	6,245	22,082	11,430

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RECONCILIATION TO AMOUNTS HELD

	Unrestricted	Restricted	2020	2019
	£	£	Total	Total
			£	£
Excess of receipts over payments	15,837	6,245	22,082	11,430
Funds brought forward	47,140	-	47,140	35,710
CASH FUNDS (Note 1)	62,977	6,245	69,222	47,140

Notes

1. CASH FUNDS

Current account	57,507	6,245	63,752	42,015
Deposit account	5,349	-	5,349	5,004
Cash	121	-	121	121
	62,977	6,245	69,222	47,140

2. REMUNERATION OF CONNECTED PERSON

In accordance with the terms of the charity's trust deed, C Stringer was paid £18,269 (2019: £7,828) for administration services and for preparing and delivering awareness and education presentations during the year.

Independent Examiners Report to the Trustees of Hector's House for the period ended 31 March 2020

I report to the charity trustees on my examination of the accounts of the charity for the year ended 31 March 2020 which are set out on pages 4 to 5.

Responsibilities and basis of report

As the charity's trustees 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 charity's accounts carried out under section 145 of the Act and in carrying out my examination I have followed all the 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:

- accounting records were not kept in respect of the charity as required by section 130 of the Act; or
- the accounts do not accord with those records

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.

Examiner K Stone K Stone F.C.C.A. M.A.A.T.

Morton House, 9 Beacon Court, Pitstone Green Business Park, Pitstone, LU7 9GY

Date 28/09/2021