

**Report of the Trustees and
Receipts and Payment Accounts
for the period ended 31 March 2021**

for

Hector's House

Hector's House

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Hector's House

Report of the Trustees for the year ended 31 March 2021

The Trustees are pleased to present their report together with the financial statements of the charity for the year ended 31 March 2021.

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
Independent Examiner	E Cartwright A.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

As to be expected, Hector's House had an incredibly busy year as it was a difficult time for so many. In 2021, we greatly increased our online resources and digital presence for our community, to help ensure nobody felt alone during a very isolating time, with vital information on staying well and where to turn to for help.

We adapted our main presentations on mental wellbeing and resilience so we are able to deliver these digitally – which we have done in a number of local schools and colleges. We also delivered this talk to a number of corporate organisations.

We helped a great number of people who were struggling to cope by getting them access to therapy – which is saving lives. A new triage of support is being developed to ensure we give each beneficiary the best level of care we can.

Summary of main achievements

Due to the increase in demand in 2021, Hector's House have had a very busy year.

Our website now holds a new vital resource the Library of Calm – which is a collection of videos, sounds, tips and signposting for anyone who is currently struggling to get through this difficult time. This has been a great success and is especially useful when we need to keep a suicidal person alive.

The website also has a number of new blog posts with advice and validation and campaigns that have helped people through the toughest months of lockdown – such as our Stay Home Stay Well initiative. We also began a free online mindfulness class for those in need during Lockdown, too.

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.

As is true for many charitable organisations, the pandemic put a stop to a great number of organised fundraising events organised this year. This was a concern for the charity, but we were humbled to witness our community rally around us and adapt to the new restrictions – still finding ways to raise money and awareness for our cause. We have been so proud of each and every supporter for doing so. From office Zoom parties to runners taking on 100 miles per month; we are so grateful to everyone for their support. These funds allow us to continue our main objectives, of raising awareness, education and support.

Awareness

We have increased the use of our social media platforms (Facebook, Instagram and Twitter) in 2021 to reach as many people as possible. Our digital presence has resulted in a growth of our number of followers and is helping a great number of people to feel less alone.

We have also been fortunate enough to appear in a number of local publications and feature on radio numerous times this year. We have also been interviewed on podcasts relating to bereavement by suicide. Hector's House is increasing its awareness in the area, particularly via word of mouth and more extensively through social media and our connections with our charities and work on steering groups and organisations.

We estimate – through press, online presence, work in schools, businesses and community outreach – we have an annual awareness reach of 40-60,000 people. That could potentially equate to hundreds of lives being saved.

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Education

A great deal of work has been put into innovating our current talks and presentations this year. We have re-developed our Eat Move Love talk, which is still built around the Mental Health Foundation 10 steps to wellbeing. It is delivered to students, teachers, parents, corporates and it has had a great impact on those who have listened.

We have also worked on a mental health presentation that is a lot more in depth on how the mind works, which can help people to understand how thought-work can drastically improve our lives. This level of psychology has been simplified by our CEO (also a therapist) and we have seen it resonate with students of all levels this year.

We have delivered both these resources into schools, colleges and places of work this year. Some of these were delivered to small groups – but many were delivered digitally to ensure the safety of staff and beneficiaries.

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 Buckinghamshire.

We attend conferences (digitally this year) and work closely with any organisation who may need our insights or lived experiences to benefit their own work in the community.

Support

We have been working on a triage of support when someone comes to us looking for help. This includes our new member of staff providing a listening ear and signposting to another organisation if required, or referring them to our in-house RTT therapist for an assessment of needs. We have referred between 15-20 high risk people this year to a chartered psychologist. If circumstances mean that a beneficiary is unable to fund these sessions, we do provide funding for them to access the best care available.

With NHS waiting times rising in the current pandemic, and with isolation at an all time high, we have seen a huge increase in people looking to us for support. We are fortunate that we have been able to help every person who has turned to us this year – and have seen a number of them flourish, grow and survive thanks to the help we have provided.

Restricted Reserves

Last 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 £45,909. Our administration costs have increased this year with the employment of one member of staff to assist with the running of the charity, working alongside our CEO and in-house therapist. This has been beneficial to the charity as we have seen an increase in the administrative tasks, which would take away vital time for our beneficiaries. With the increasing demands for support, 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

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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 20/01/2022

Trustee, on behalf of Hector's House

Hector's House

Receipts and Payments Account for the period ended 31 March 2021

RECEIPTS AND PAYMENTS

	Unrestricted	Restricted	2021 Total	2020 Total
	£	£	£	£
<u>RECEIPTS</u>				
Voluntary Income				
Donations	40,622	-	40,622	54,315
Grants	4,365	-	4,365	-
Fundraising Income	-	-	-	1,791
Gift Aid	-	-	-	1,246
Investments				
Deposit account interest	-	-	-	345
Total Receipts	<u>44,987</u>	<u>-</u>	<u>44,987</u>	<u>57,697</u>
<u>EXPENDITURE</u>				
Charitable Activities				
Youth Health Champions	-	-	-	-
Raising awareness & education	8,262	-	8,262	4,781
Counselling fees	17,680	-	17,680	1,800
Admin expenses	1,125	-	1,125	2,002
Insurance	471	-	471	481
Staff costs	32,115	-	32,115	21,039
Accountancy	192	-	192	1,956
Consultant	45	-	45	950
Training & conferences	99	-	99	243
Raising Funds				
Fundraising	-	-	-	2,363
Expenditure	<u>59,989</u>	<u>-</u>	<u>59,989</u>	<u>35,615</u>
Asset purchases	2,066	-	2,066	-
Total Expenditure	<u>62,055</u>	<u>-</u>	<u>62,055</u>	<u>35,615</u>
<u>EXCESS OF RECEIPTS OVER PAYMENTS</u>	<u>(17,068)</u>	<u>-</u>	<u>(17,068)</u>	<u>22,082</u>

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RECONCILIATION TO AMOUNTS HELD

	Unrestricted	Restricted	2021	2020
	£	£	Total	Total
	£	£	£	£
Excess of payments over receipts	(17,068)	-	(17,068)	22,082
Funds brought forward	62,977	6,245	69,222	47,140
CASH FUNDS (Note 1)	45,909	6,245	52,154	69,222

Notes

1. CASH FUNDS

Current account	38,836	6,245	45,081	63,752
Deposit account	6,952	-	6,952	5,349
Cash	121	-	121	121
	<u>45,909</u>	<u>6,245</u>	<u>52,154</u>	<u>69,222</u>

2. OTHER MONETARY ASSETS

Gift aid claim	<u>5,381</u>	<u>-</u>	<u>5,381</u>	<u>-</u>
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3. ASSETS RETAINED FOR OWN USE

Computer assets	<u>2,066</u>	<u>-</u>	<u>2,066</u>	<u>-</u>
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4. LIABILITIES

Social security	658	-	658	-
Pension	193	-	193	-
	<u>851</u>	<u>-</u>	<u>851</u>	<u>-</u>

5. REMUNERATION OF CONNECTED PERSON

In accordance with the terms of the charity's trust deed, C Stringer was paid £14,123 (2020: £18,269) 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 2021**

I report to the charity trustees on my examination of the accounts of the charity for the year ended 31 March 2021 which are set out on pages 5 to 6.

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 E Cartwright
..... E Cartwright A.C.C.A. M.A.A.T.

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

Date 27/01/2022
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