

**Charity Registration No. 1183267**

**Company Registration No. CE017400 (England and Wales)**

**HEARTS AND HELPERS**  
**ANNUAL REPORT AND UNAUDITED FINANCIAL STATEMENTS**  
**FOR THE YEAR ENDED 28 FEBRUARY 2021**

# HEARTS AND HELPERS

## LEGAL AND ADMINISTRATIVE INFORMATION

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<b>Trustees</b>	J Miah F Mustafa M Hutchings
<b>Charity number</b>	1183267
<b>Company number</b>	CE017400
<b>Registered office</b>	Unit 35, 26-28 Queensway Enfield EN3 4SA
<b>Accountants</b>	W Advisory Office 315, 2A Ruckholt London, E10 5NP

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# HEARTS AND HELPERS

## TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) *FOR THE YEAR ENDED 28 FEBRUARY 2021*

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The trustees present their annual report and financial statements for the year ended 28 February 2021.

The financial statements have been prepared in accordance with the accounting policies set out in note 1 to the financial statements and comply with the charity's governing document, the Companies Act 2006 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) (effective 1 January 2019)".

### Objectives and activities

The charity's objects are as follows:

- Support those effected by homelessness within the North London community.
- Provide local rough sleepers with essential goods and services to ease day to day struggles.
- Support those effected by homelessness during the Covid-19 Pandemic.
- Support people affected by homelessness and who have been recently rehoused, such as, those fleeing domestic abuse, those fleeing gang violence, and those recently rehoused with a low income.
- Provide support for those on low incomes adversely affected by the Covid-19 Pandemic.

The trustees have paid due regard to guidance issued by the Charity Commission in deciding what activities the charity should undertake, the main activities are as follows:

- Provided back packs filled with essentials to rough sleepers in local area.
- Provided rough sleepers with Covid-19 support kits, which included, hand sanitizer, hygiene kits and symptom checkers.
- Provided hot meals and lunches for rough sleepers.
- Provided home starter kits for vulnerable persons recently rehoused, including home hygiene basics, white goods and furniture.
- Provided food parcels to vulnerable persons across the local community. Especially those effected by Covid-19.
- Launched a mobile mission to provide mobile phones for rough sleepers to access essential services.
- Provided Christmas holiday support for families fleeing domestic abuse over the Christmas period.
- Trainer drive- collected and distributed trainers from the local community to rough sleepers in need of footwear.

### Achievements and performance

- 600 – pairs of footwear to rough sleepers.
- 250- mobile phones to support rough sleepers.
- 5- Local shelters and agencies now connected to 250 rough sleepers through mobile phone drive.
- 600- rough sleeper backpack filled with essentials.
- 100 Covid-19 support kits distributed to rough sleepers.
- 700-food parcels to vulnerable families.
- 200 hot meals and takeaway lunches provided for rough sleepers.
- 180- home-starter kits to vulnerable households.
- 80- sets of white goods to vulnerable families.
- 69- families supported fleeing domestic abuse.

# HEARTS AND HELPERS

## TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED) *FOR THE YEAR ENDED 28 FEBRUARY 2021*

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### **Financial review**

It is the policy of the charity that unrestricted funds which have not been designated for a specific use should be maintained at a level equivalent to between three and six month's expenditure. The trustees considers that reserves at this level will ensure that, in the event of a significant drop in funding, they will be able to continue the charity's current activities while consideration is given to ways in which additional funds may be raised. This level of reserves has been maintained throughout the year.

The trustees has assessed the major risks to which the charity is exposed, and are satisfied that systems are in place to mitigate exposure to the major risks.

# HEARTS AND HELPERS

## TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED) FOR THE YEAR ENDED 28 FEBRUARY 2021

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### Structure, governance and management

The charity is a company limited by guarantee.

The trustees, who are also the directors for the purpose of company law, and who served during the year and up to the date of signature of the financial statements were:

J Miah

F Mustafa

M Hutchings

Trustee recruitment:

- Apart from the first charity trustees, every trustee must be appointed indefinitely by a resolution passed at a properly convened meeting of the charity trustees.
- In selecting individuals for appointment as charity trustees, the charity trustees must have regard to the skills, knowledge and experience needed for the effective administration of the CIO.

None of the trustees has any beneficial interest in the company. All of the trustees are members of the company and guarantee to contribute £1 in the event of a winding up.

The company's current policy concerning the payment of trade creditors is to follow the CBI's Prompt Payers Code (copies are available from the CBI, Centre Point, 103 New Oxford Street, London WC1A 1DU).

The company's current policy concerning the payment of trade creditors is to:

- settle the terms of payment with suppliers when agreeing the terms of each transaction;
- ensure that suppliers are made aware of the terms of payment by inclusion of the relevant terms in contracts; and
- pay in accordance with the company's contractual and other legal obligations.

The charity is Directed by 3 trustees as named above and managed by Adrian White. The charity is mainly volunteer supported but other employees are recruited on a project to project basis dependant on expertise and funding.

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

**J Miah**

Trustee

Dated: 11 February 2022

# HEARTS AND HELPERS

## INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF HEARTS AND HELPERS

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I report to the trustees on my examination of the financial statements of Hearts and Helpers (the charity) for the year ended 28 February 2021.

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

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

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

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

I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:

- 1 accounting records were not kept in respect of the charity as required by section 386 of the 2006 Act; or
- 2 the financial statements do not accord with those records; or
- 3 the financial statements do not comply with the accounting requirements of section 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 financial statements have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102).

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the financial statements to be reached.

Waqas Iqbal BSc ACA  
ICAEW  
W Advisory  
Office 315, 2A Ruckholt Road,  
London  
E10 5NP  
11/02/2022

# HEARTS AND HELPERS

## STATEMENT OF FINANCIAL ACTIVITIES INCLUDING INCOME AND EXPENDITURE ACCOUNT FOR THE YEAR ENDED 28 FEBRUARY 2021

	Notes	Unrestricted funds 2021 £	Restricted funds 2021 £	Total 2021 £
<b><u>Income from:</u></b>				
Donations and legacies	3	7,725	20,300	28,025
<b><u>Expenditure on:</u></b>				
Charitable activities	4	2,520	18,403	20,923
<b>Net income for the year/ Net movement in funds</b>		5,205	1,897	7,102
Fund balances at 1 March 2020		-	-	-
<b>Fund balances at 28 February 2021</b>		5,205	1,897	7,102

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

All income and expenditure derive from continuing activities.

The statement of financial activities also complies with the requirements for an income and expenditure account under the Companies Act 2006.

# HEARTS AND HELPERS

## BALANCE SHEET

AS AT 28 FEBRUARY 2021

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	Notes	2021 £	£
<b>Current assets</b>			
Cash at bank and in hand		9,741	
<b>Creditors: amounts falling due within one year</b>	<b>7</b>	(2,639)	
		<hr/>	
Net current assets			7,102
			<hr/>
<b>Income funds</b>			
Restricted funds			1,897
Unrestricted funds			5,205
			<hr/>
			7,102
			<hr/>

The company is entitled to the exemption from the audit requirement contained in section 477 of the Companies Act 2006, for the year ended 28 February 2021.

The directors acknowledge their responsibilities for complying with the requirements of the Companies Act 2006 with respect to accounting records and the preparation of financial statements.

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.

These financial statements have been prepared in accordance with the provisions applicable to companies subject to the small companies regime.

The financial statements were approved by the Trustees on 11 February 2022

J Miah  
Trustee

Company Registration No. CE017400



# HEARTS AND HELPERS

## NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 28 FEBRUARY 2021

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### 1 Accounting policies

#### Charity information

Hearts and Helpers is a private company limited by guarantee incorporated in England and Wales. The registered office is Unit 35, 26-28 Queensway, Enfield, EN3 4SA.

#### 1.1 Accounting convention

The financial statements have been prepared in accordance with the charity's [governing document], the Companies Act 2006, FRS 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland" ("FRS 102") and the Charities SORP "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). The charity is a Public Benefit Entity as defined by FRS 102.

The charity has taken advantage of the provisions in the SORP for charities not to prepare a Statement of Cash Flows.

The financial statements are prepared in sterling, which is the functional currency of the charity. Monetary amounts in these financial statements are rounded to the nearest £.

The financial statements have been prepared under the historical cost convention, modified to include the revaluation of freehold properties and to include investment properties and certain financial instruments at fair value. The principal accounting policies adopted are set out below.

#### 1.2 Going concern

At the time of approving the financial statements, the trustees have a reasonable expectation that the charity has adequate resources to continue in operational existence for the foreseeable future. Thus the trustees continue to adopt the going concern basis of accounting in preparing the financial statements.

#### 1.3 Charitable funds

Unrestricted funds are available for use at the discretion of the trustees in furtherance of their charitable objectives.

Restricted funds are subject to specific conditions by donors as to how they may be used. The purposes and uses of the restricted funds are set out in the notes to the financial statements.

Endowment funds are subject to specific conditions by donors that the capital must be maintained by the charity.

#### 1.4 Income

Income is recognised when the charity is legally entitled to it after any performance conditions have been met, the amounts can be measured reliably, and it is probable that income will be received.

Cash donations are recognised on receipt. Other donations are recognised once the charity has been notified of the donation, unless performance conditions require deferral of the amount. Income tax recoverable in relation to donations received under Gift Aid or deeds of covenant is recognised at the time of the donation.

Legacies are recognised on receipt or otherwise if the charity has been notified of an impending distribution, the amount is known, and receipt is expected. If the amount is not known, the legacy is treated as a contingent asset.

# HEARTS AND HELPERS

## NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 28 FEBRUARY 2021

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### 1 Accounting policies

(Continued)

#### 1.5 Expenditure

Expenditure is recognised once there is a legal or constructive obligation to transfer economic benefit to a third party, it is probable that a transfer of economic benefits will be required in settlement, and the amount of the obligation can be measured reliably.

Expenditure is classified by activity. The costs of each activity are made up of the total of direct costs and shared costs, including support costs involved in undertaking each activity. Direct costs attributable to a single activity are allocated directly to that activity. Shared costs which contribute to more than one activity and support costs which are not attributable to a single activity are apportioned between those activities on a basis consistent with the use of resources. Central staff costs are allocated on the basis of time spent, and depreciation charges are allocated on the portion of the asset's use.

#### 1.6 Cash and cash equivalents

Cash and cash equivalents include cash in hand, deposits held at call with banks, other short-term liquid investments with original maturities of three months or less, and bank overdrafts. Bank overdrafts are shown within borrowings in current liabilities.

##### **Basic financial assets**

Basic financial assets, which include debtors and cash and bank balances, are initially measured at transaction price including transaction costs and are subsequently carried at amortised cost using the effective interest method unless the arrangement constitutes a financing transaction, where the transaction is measured at the present value of the future receipts discounted at a market rate of interest. Financial assets classified as receivable within one year are not amortised.

##### **Basic financial liabilities**

Basic financial liabilities, including creditors and bank loans are initially recognised at transaction price unless the arrangement constitutes a financing transaction, where the debt instrument is measured at the present value of the future payments discounted at a market rate of interest. Financial liabilities classified as payable within one year are not amortised.

Debt instruments are subsequently carried at amortised cost, using the effective interest rate method.

Trade creditors are obligations to pay for goods or services that have been acquired in the ordinary course of operations from suppliers. Amounts payable are classified as current liabilities if payment is due within one year or less. If not, they are presented as non-current liabilities. Trade creditors are recognised initially at transaction price and subsequently measured at amortised cost using the effective interest method.

##### **Derecognition of financial liabilities**

Financial liabilities are derecognised when the charity's contractual obligations expire or are discharged or cancelled.

### 2 Critical accounting estimates and judgements

In the application of the charity's accounting policies, the trustees are required to make judgements, estimates and assumptions about the carrying amount of assets and liabilities that are not readily apparent from other sources. The estimates and associated assumptions are based on historical experience and other factors that are considered to be relevant. Actual results may differ from these estimates.

The estimates and underlying assumptions are reviewed on an ongoing basis. Revisions to accounting estimates are recognised in the period in which the estimate is revised where the revision affects only that period, or in the period of the revision and future periods where the revision affects both current and future periods.

# HEARTS AND HELPERS

## NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 28 FEBRUARY 2021

### 3 Donations and legacies

	Unrestricted funds	Restricted funds	Total
	2021 £	2021 £	2021 £
Donations and gifts	7,725	-	7,725
Grants	-	20,300	20,300
	<u>7,725</u>	<u>20,300</u>	<u>28,025</u>

### 4 Charitable activities

	Restricted Charitable Expenditure 2021 £	Unrestricted Charitable Expenditure 2021 £	Total 2021 £
Housing & Rough Sleepers Support	9,532	-	9,532
Allotment fees	23	-	23
Postage and packaging	8	-	8
Volunteer Training	65	-	65
Travel and subsistence	306	-	306
Light & Heat	275	-	275
Volunteer Uniform	513	-	513
Repairs and Maintenance	725	-	725
Consulting (Charity Management)	4,900	-	4,900
Marketing	2,056	-	2,056
	<u>18,403</u>	<u>-</u>	<u>18,403</u>
Share of governance costs	-	2,520	2,520
	<u>18,403</u>	<u>2,520</u>	<u>20,923</u>
<b>Analysis by fund</b>			
Unrestricted funds	-	2,520	2,520
Restricted funds	18,403	-	18,403
	<u>18,403</u>	<u>2,520</u>	<u>20,923</u>

### 5 Trustees

None of the trustees (or any persons connected with them) received any remuneration or benefits from the charity during the year.

# HEARTS AND HELPERS

## NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 28 FEBRUARY 2021

### 6 Employees

The average monthly number of employees during the year was:

	2021 Number
Total	-

There were no employees whose annual remuneration was more than £60,000.

### 7 Creditors: amounts falling due within one year

	2021 £
Accruals and deferred income	2,639

### 8 Analysis of net assets between funds

	Unrestricted funds 2021 £	Restricted funds 2021 £	Total 2021 £
Fund balances at 28 February 2021 are represented by:			
Current assets/(liabilities)	5,205	1,897	7,102
	5,205	1,897	7,102

### 9 Related party transactions

During the year the charity remunerated Adrian White £4,900 for undertaking the management of the charity. Adrian White manages the charity day to day and has a long standing relationship with the trustees.