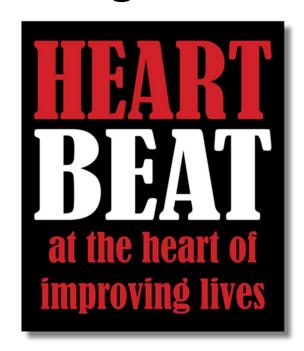
Help, Education and Resources to Bring Everyone All Together



Trustees' Report and Unaudited Financial Statements 31st January 2022

The trustees present their report and accounts for the year ended 31st January 2022. The accounts comply with the requirements of the Charities Act 2011, the trust deed, Financial Reporting Standard 102 and follow the recommendations in 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 102A) (effective 2 February 2016).

Public Benefit

The trustees have had due regard to the Charity Commission guidance on public benefit reporting in deciding what activities the charity should undertake. The remainder of this report illustrates the activities undertaken to support the public benefit requirement.

Reference and Administrative Information

Charity Name

Help, education and resources to bring everyone all together

Working Name

Heartbeat

Charity Number

1140548

Charity Trustees

Eric Southwick James Collings Deborah Ebdy Ruth Watson

Registered Office

51 The Avenue Seaham County Durham SR7 0DH

Principal Address

Independent Methodist Church Stanley Street Seaham County Durham SR7 0AU

Bankers

Barclays Bank plc North Terrace Seaham County Durham SR7 7HT

Independent Examiner

Sandra Nicholson 8 Westgate Silksworth Sunderland SR3 1BD

Structure and Organisation

Organisation

The charity was formed on 1st February 2011 and registered with the Charity Commission on 22ndFebruary 2011. The charity was formed with a constitution which established its objects and powers and determines the way that it is governed which was revised on 2nd May 2016. The charity is managed by the trustees who form the Executive Committee which meets regularly to consider the progress of the charity and to consider its future direction and activities. The day-to-day operation of the charity is delegated to the Community Development Worker who is supported by a group of volunteers.

Trustee Appointments

The Executive Committee consists of not less than 3 and not more than 10 members nominated by Stanley Street Independent Methodist Church, Seaham elected at the annual general meeting who shall hold office from the conclusion of that meeting;

The Executive Committee may in addition appoint not more than 5 co-opted members but no-one may be appointed as a co-opted member if as a result, more than one third of the members of the Executive Committee would be co-opted members. Each appointment of a co-opted member shall be made at a special meeting of the Executive Committee and shall take effect from the end of that meeting unless the appointment is to fill a place which has not then been vacated in which case the appointment shall run from the date when the post becomes vacant.

All trustees are inducted into the policies and procedures of the charity undertaking training to ensure they are well equipped to fulfil their duties.

Related Organisations

The charity operates from the premises of Stanley Street Independent Methodist Church, Seaham, which also appoints members of the Executive Committee. The charity is grateful for the use of facilities and the support which it receives from Stanley Street Independent Methodist Church, Seaham.

Risk Management

The Trustees have conducted their own review of the major risks to which the charity is exposed and systems have been established to mitigate those risks. Significant external risks to funding are subject to regular review to identify funding sources up to a year ahead of requirements and where sources are due to cease, to obtain new sources of finance to continue the work of the charity. Internal risks are minimised by the implementation of procedures for the authorisation of all transactions and projects and to ensure consistent quality of delivery for all operational aspects of the charity. These procedures are periodically reviewed to ensure they still meet the needs of the charity.

Objectives and Activities

Charitable Objects

The charity has the following objects:

To promote the benefit of the inhabitants of Seaham and surrounding areas, without distinction of sex, sexual orientation, race or of political, religious or other opinions, by associating together the said inhabitants and the local authorities, voluntary and other organisations in a common effort to advance education and to provide facilities in the interests of social welfare for recreation and other leisure time occupation with the objects of improving the conditions of life for the said inhabitants.

The charity operates within the area of Seaham and its environs.

Faith Ethos Statement

Heartbeat is inspired by the Christian faith and seeks to run activities that express its values. At the core of this is a commitment to be inclusive, open and non-discriminatory to staff, volunteers and service users of all faiths and those of none.

Aims

The way in which the charity seeks to achieve its objectives is as follows:

Parents and young children: Many local parents face poverty and hardship in bringing up their children and are isolated by their personal circumstances, so we aim to support them in whatever way necessary through:

- pre-school creative play that benefits development.
- groups that give parents plenty of opportunity for positive interaction with their children to help build a child's confidence and self-worth.
- groups where parents can meet and share their experiences and challenges.

Children and young people: All of our activities with children and young people centre around raising their aspirations and expectations that will empower them to make positive lifestyle choices. Many local young people are restricted by their circumstances, family history and lack of achievement. We provide:

- groups and activities during term time and holidays that offer a safe environment for children to play, develop skills and work together, addressing boredom and steering them away from unhealthy past times.
- clubs and buddying schemes that help bridge the transition between junior and secondary school and help tackle bullying and encourage school attendance and achievement.
- leading assemblies in local schools to promote positive lifestyle choices and tackle issues such as bullying, drugs, anti-social behaviour and unhealthy relationships.

Older and isolated individuals: Many elderly people and those with health problems or disabilities are isolated by their economic and social disadvantage. We aim to improve people's lives through:

- lunch clubs that give lonely people the opportunity to make and develop friendships and eat an inexpensive nutritious meal.
- opportunities to receive support and advice on issues affecting their quality of life.
- opportunities for people to learn new skills and hobbies together whilst building new relationships in a supportive environment.
- positive integrated activities that bring young and old people together.
- opportunities for volunteering.
- Opportunities for those living with Alzheimer's to participate in singing and games which provide stimulation and enjoyment.
- visits to care homes and Alzheimer's Day Centre to help build self-esteem amongst elderly people and breakdown intergenerational barriers.
- organised events that bring together people of different ages and backgrounds, encouraging participation from those who would not normally be able to attend.

Achievements and Performance

Review of the Period

It has been another difficult year for Heartbeat as the work has again had to adapt and develop at speed to cope with the changing events and challenges as a result of the Coronavirus pandemic. The need to evolve was compounded later in the year with one employee moving on to train as a teacher and another starting maternity leave.

Achievements and Performance (continued)

Review of the Period (continued)

The activities were hit by both the changing restrictions and personal anxieties. In particular Care Homes, Day Centres and schools were closed to visits, although it was pleasing that the Sing-a-long Group was able to bring a much needed boost to the morale of the residents of one Care Home with open-air carol singing just before Christmas.

When restrictions permitted, we hosted socially distanced coffee mornings to allow some of the older and isolated service users to meet up and chat at a distance with table service to comply with government advice. We have reopened our Lunch Clubs, seating people further apart, changing the entrance / exit routes and for the children and families we adapted kids clubs by giving bags containing crafts and snacks to the children and they are asked to sit at different tables to maintain social distancing. Parent and Toddler Groups were commenced with social distancing of the adults and other covid secure procedures.

It was gratifying that those who attended these activities felt safe and in the case of some of the older more timid service users it was the only place that they would go. However, despite these measures and the reassurance felt by those attending there has been a marked reluctance for people to return to activities. We are working hard to attract people to the activities but there seems to be a community-wide problem as people have settled in to a "new normal" where isolation is accepted.

Financial Review

At 31st January 2022 Heartbeat had funds totalling £58,254 (2021: £60,307), having raised £41,530 (2021: £47,966) as detailed in the notes to the accounts and spent £43,583 (2021: £47,307) during the year as set out in the notes to the accounts. Of this the unrestricted funds totalled £46,141 (2021: £44,429), having raised £25,530 (2021: £36,116) as detailed in the notes to the accounts and spent £23,818 (2021: £44,579) during the year as set out in the notes to the accounts.

Volunteer Support

The charity is reliant on the support of its volunteers to achieve its objects; the work of volunteers is invaluable.

Reserves Policy

The charity has limited funds and therefore operates without large reserves. At 31st January 2022 there were unrestricted reserves of £46,141 (2021: £44,429) which represents approximately thirteen months (2021: eleven months) of operational expenses. The trustees believe that the cash reserves of the charity should be approximately six to twelve months' worth of the operating expenses which would amount to between £21,800 and £43,600. The trustees are satisfied that charity's funds are within this range allowing them to plan to the for the future with confidence.

Plans for Future Periods

The needs of the community have significant and we continue to look to be flexible in creating opportunities and adapting activities to tackle those needs as they become apparent.

Responsibilities of the Trustees

Charity law requires the trustees to prepare financial statements for each financial period, which show a true and fair view of the state of affairs of the charity and its financial activities for that period. In preparing those financial statements, the trustees are required to:

- select suitable accounting policies and then apply them consistently:
- make judgments and estimates that are prudent and reasonable:
- state whether applicable accounting standards and statements of recommended practice have been followed, subject to any 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 charity will continue in existence.

The trustees are responsible for keeping proper accounting records which disclose with reasonable accuracy at any time the financial position of the charity and to enable them to ensure that the financial statements comply with the Charities Act 2011. They are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Signed on behalf of the trustees

Deborah Ebdy

Date: 10th November 2022

Independent Examiner's Report to the Members of Help, Education and Resources to Bring Everyone All Together

I report on the accounts of the charity for the year ended 31stJanuary 2022, which are set out on pages 7 to 16.

Respective responsibilities of trustees and examiner

The charity's trustees are responsible for the preparation of the accounts. The charity's trustees consider that an audit is not required for this year under section 144(2) of the Charities Act 2011 (the 2011 Act) and that an independent examination is needed.

It is my responsibility to:

- examine the accounts under section 145of the 2011 Act;
- to follow the procedures laid down in the general Directions given by the Charity Commission under section 145(5)(b) of the2011 Act; and
- to 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 Commission. An examination includes a review of the accounting records kept by the charity 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, no opinion is given as to whether the accounts present a "true and fair view" and the report is limited to those matters set out in the statement below.

Independent examiner's statement

In connection with my examination, no matter has come to my attention:

- (1) which gives me reasonable cause to believe that in any material respect the requirements
 - to keep accounting records in accordance with section 130 of the 2011Act; and
 - to prepare accounts which accord with the accounting records and comply with the accounting requirements of the 2011 Act have not been met; or
- (2) to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

Sandra Nicholson 8 Westgate Avenue

Silksworth Sunderland SR3 1BD

Date: 10th November 2022

Statement of Financial Activities For the year ended 31st January 2022

	Notes	Unrestricted		Total	Total
	ž	funds	funds	2022	2021
		£	£	£	£
Income and endowments from:					
Donations and legacies	3	12,776	16,000	28,776	28,104
Charitable activities	4	3,754	-	3,754	3,178
Investments	5	9	-	9	54
Other income	6	8,991	-	8,991	16,630
Total		25,530	16,000	41,530	47,966
Expenditure on:					
Raising funds	7	7,524	-	7,524	8,124
Charitable activities	8	16,294	19,765	36,059	39,183
Total		23,818	19,765	43,583	47,307
Net income		1,712	(3,765)	(2,053)	659
Net movement in funds		1,712	(3,765)	(2,053)	659
Reconciliation of Funds					
Total funds brought forward		44,429	15,878	60,307	59,648
Total funds carried forward	13	46,141	12,113	58,254	60,307

The notes on pages 9 to 16 form part of these accounts.

Balance Sheet As at 31stJanuary 2022

	Notes				
	2		2022		2021
		£	£	£	£
Current assets					
Debtors	10	466		2,392	
Cash at bank and in hand		82,261		83,433	
Total current assets		82,727	•	85,825	
Current Liabilities					
Creditors: Amounts falling due with	in				
one year	11	24,473		25,518	
Net current assets			58,254		60,307
Total assets less current liabiliti	es	=	58,254		60,307
The funds of the charity					
Restricted income funds	13	12,113		15,878	
Unrestricted income funds	13	46,141		44,429	
Total unrestricted funds		_	58,254		60,307
Total charity funds		- -	58,254		60,307

The accounts were approved by the trustees and signed on their behalf by:

James Collings

Date: 10th November 2022

The notes on pages 9 to 16 form part of these accounts.

Notes to the accounts

1 Accounting policies

In preparing the accounts the following accounting policies have been complied with:

- a) The charity is a public benefit entity and therefore 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 2015) (Charities SORP FRS 102), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102A) (February 2016) and the Charities Act 2011.
- b) Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy or note.
- c) Unrestricted funds are available for use at the discretion of the trustees in furtherance of the general objectives of the charity.
- d) Restricted funds are subjected to restrictions on their expenditure imposed by the donor or through the terms of an appeal.
- e) All incoming resources are included in the statement of financial activities when the charity is entitled to the income and the amount can be quantified with reasonable accuracy. The following specific policies are applied to particular categories of income:
 - ii) Income and endowments from donations and legacies is received by way of grants, donations and gifts and is included in full in the statement of financial activities when receivable. Grants, where entitlement is conditional on the delivery of a specific performance by the charity, are recognised when the charity becomes unconditionally entitled to the grant.
 - ii) Donated services and facilities are included at the value to the charity where this can be quantified. The value of services provided by volunteers has not been included in these accounts.
 - iii) Income and endowments from charitable activities, where related to performance and specific deliverables, are accounted for when the charity earns the right to consideration by its performance.
 - iv) Income and endowments from investments is included when receivable.
- f) Expenditure is recognised on an accruals basis as a liability is incurred. Expenditure includes any VAT which cannot be fully recovered, and is reported as part of the expenditure to which it relates:
 - i) Expenditure on raising funds comprise costs associated with attracting donations and legacies.
 - ii) Expenditure on Charitable activities comprises those costs incurred by the charity in the delivery of its activities and services for its beneficiaries. It includes costs that can be allocated directly to such activities and those costs of an indirect nature necessary to support them and those costs associated with meeting the constitutional and statutory requirements of the charity and include the costs linked to the strategic management of the charity.
 - iii) All costs are allocated between the expenditure categories of the statement of financial activities on a basis designed to reflect the use of the resource. Costs relating to a particular activity are allocated directly, others are apportioned on an appropriate basis as set out in the notes.
 - iv) Rentals payable under operating leases are charged in the statement of financial activities on a straight line basis over the lease term.

2 Taxation

The charity is exempt from taxation on its income and gains where they are applied for charitable purposes. Irrecoverable VAT is included in the cost of the goods or services on which it was charged.

Notes to the accounts (Continued) 3 Income and endowments from donations and legacies

	Unrestricted I	restricted Restricted		Total
	funds	funds	2022	2021
	£	£	£	£
29th May 1961 Charitable Trust	-	3,000	3,000	3,000
Albert Hunt Trust	-	-	-	2,000
Angela Gallagher Memorial Fund	1,000	-	1,000	1,000
Ballinger Charitable Trust	-	7,000	7,000	-
Barbour Foundation	5,000	-	5,000	-
Barleycorn Trust	1,000	-	1,000	500
Chapman Charitable Trust	-	-	-	250
Christadelphian Samaritans Fund	400	-	400	-
Fitton Trust	250	-	250	-
Hadrian trust	-	-	-	1,000
Hasluck Charitable Trust	-	-	-	1,000
Hedley Denton Charitable Trust	-	500	500	-
Hudson Charitable Trust	-	-	-	750
Joseph Strong Frazer Trust	1,000	-	1,000	-
The Leaver Family Trust	-	-	-	500
Lynn Foundation	-	-	-	-
Marsh Christian Trust	700	-	700	-
Matthew Wrightson Charitable Trust	500	-	500	-
Miscellaneous donations	176	-	176	1,104
Molitor Charitable Trust	-	-	-	2,000
N Smith Charitable Settlement	-	500	500	-
Percy Hedley 1990 Charitable Trust	500	-	500	500
Samuel Story Family Charitable Trust	-	-	-	200
Siddons Charitable Trust	250	-	250	200
Sir James Knott Trust	-		-	2,000
Sir John Priestman Charity Trust	-	-	-	3,000
Sobell Foundation	-	5,000	5,000	5,000
Stella Symons Charitable Trust	-	-	-	250
Sydney Black Charitable Trust	-	-	-	500
The Alchemy Foundation	-	-	-	500
The Archer Trust	1,000	-	1,000	<u>-</u>
The Joicey Trust	-	-	<u>-</u>	1,850
Vendervell Foundation	1,000		1,000	1,000
Total	12,776	16,000	28,776	28,104

Notes to the accounts (Continued

4 Income and endowments from charitable activities

	Unrestricted Restricted		Total	Total
	funds	funds	2022	2021
	£	£	£	£
Lunch Club fees	1,357	-	1,357	1,197
Junior Youth Club subscriptions	263	=	263	114
Tuckshop	196	-	196	90
Toddlers subscriptions	605	-	605	122
Special Events and other group fees	-	-	-	57
Sing-a-long Group subscriptions	504	-	504	284
Sit and Be Fit fees	-	-	-	51
Crafty Coffee fees	334	-	334	215
After School Club	454	-	454	204
African Drum Club	41	-	41	42
Pram Time	-	-	-	77
Coffee and Natter	-	-	-	153
Excursions	-	-	-	572
Total	3,754		3,754	3,178

5 Income and endowments from investments

	Unrestricted Restricted		Total	Total
	funds	funds	2022	2021
	£	£	£	£
Bank interest	9		9	54

6 Income and endowments from investments

Uı	restricted F	estricted Restricted		Total
	funds	funds	s 2022	2021
	£	£	£	£
Grants - Coronavirus Job Retention Schem	€ 8,991		8,991	16,630

7 Expenditure on raising funds

U	Unrestricted Restricted		Total	Total
	funds	funds	2022	2021
	£	£	£	£
Fundraiser's fees	7,524		7,524	8,124

Notes to the accounts (Continued)

8 Expenditure on charitable expenditure

Unrestricted	Staff costs	Support costs	Other direct costs	Total unrestricted funds 2022	Total 2021
Expenditure on:	£	£	£	£	£
Charitable activities	~	~	~	~	~
Salaries	10,824	_	_	10,824	30,935
Training	-	_	_	-	125
Rent	_	4,000	_	4,000	4,000
Insurance	-	466	_	466	456
Printing and publicity costs	_	115	_	115	450
Youth Club and After					
School Club expenses	-	-	192	192	113
Expenses for other					
activities, resources &					
equipment	-	-	697	697	376
Total	10,824	4,581	889	16,294	36,455
Do atriista d	Staff costs	Support osts	Other direct osts	Fotal nrestricted ands 2022	otal 2021
Restricted	Staff costs	Support costs	Other direct	Total unrestricted	, Total 2021
Expenditure on:	க Staff costs	Support & costs	Other direct m costs	Total unrestricted m funds 2022	ო Total 2021
Expenditure on: Charitable activities	£		9 0	£	£
Expenditure on: Charitable activities Salaries		£	9 0	£ 17,312	£ 728
Expenditure on: Charitable activities Salaries Rent	£		£	£ 17,312 800	£ 728 800
Expenditure on: Charitable activities Salaries Rent Lunch Club expenses	£	£	9 0	£ 17,312	£ 728
Expenditure on: Charitable activities Salaries Rent Lunch Club expenses Youth Club and After	£	£	£ - 681	£ 17,312 800 681	£ 728 800 441
Expenditure on: Charitable activities Salaries Rent Lunch Club expenses Youth Club and After School Club expenses Expenses for other	£	£	£	£ 17,312 800	£ 728 800
Expenditure on: Charitable activities Salaries Rent Lunch Club expenses Youth Club and After School Club expenses Expenses for other activities, resources &	£	£	£ - 681	£ 17,312 800 681 51	£ 728 800 441 84
Expenditure on: Charitable activities Salaries Rent Lunch Club expenses Youth Club and After School Club expenses Expenses for other	£	£	£ - 681	£ 17,312 800 681	£ 728 800 441
Expenditure on: Charitable activities Salaries Rent Lunch Club expenses Youth Club and After School Club expenses Expenses for other activities, resources & equipment	£	£	£ - 681 51	£ 17,312 800 681 51	£ 728 800 441 84

Notes to the accounts (Continued)

9 Trustee and employee information

a) Trustee information

No trustee received remuneration during the year, and no trustee was reimbursed expenses during the period, please see note 15 for details of related party transactions.

b) Employee Information

No employee received emoluments in excess of £60,000 during the period. Employee costs during the period were:

	2022	2021
	£	£
Salaries	22,779	26,305
Pension contributions	5,357	5,357
	28,136	31,662

The charity has three employees for most of the year, the average full time equivalent number of people employed during the period was as follows:

	2022	2021
	FTE	FTE
Community Development Workers	0.90	1.25

10 Debtors

	2022	2021
	£	£
Other debtors	-	1,926
Prepayments	466	466
	466	2,392

11 Creditors: Amounts falling due within one year

	2022	2021
	£	£
Other taxation and social security costs	168	172
Accruals	605	446
Deferred income	23,700	24,900
	24,473	25,518

The deferred income related to grants received in advance for future years and will therefore be released to the Statement of Financial Activities over those periods.

12 Analysis of net assets between unrestricted and restricted funds

	2022	2021
Restricted funds	£	£
Current assets	12,113	15,878
Unrestricted funds		
Current assets	46,141	44,429
	58,254	60,307

Notes to the accounts (Continued)

13 Funds

	At 1 February 2021	Incoming resources	Outgoing resources	Transfers	At 31 January 2022
Restricted funds	£	£	£	£	£
Salary fund	-	8,000	(4,000)	-	4,000
Outings and trips fund Older and isolated	954	-	(264)	-	690
individuals fund Young people &	9,000	6,500	(9,051)	-	6,449
children's activities	5,924	1,500	(6,450)		974
	15,878	16,000	(19,765)		12,113
Unrestricted funds					
General fund	44,429	25,530	(23,818)		46,141
	44,429	25,530	(23,818)		46,141
	60,307	41,530	(43,583)		58,254

Purposes of restricted foutings and trips fund	The donors to this fund have specified that their contributions are to be used for outings and trips.
Older and isolated Individuals fund	The donors to this fund have specified that their contributions are to be used to provide activities and facilities for older and isolated individuals.
Young people & children's activities fund	The donors to this fund have specified that their contributions are to be used to provide activities and facilities for young people and children.

Notes to the accounts (Continued)

14 Comparative Statement of Financial Activities By Fund Type

	Unrestricted Restricted funds		Total 2021
	£	£	£
Income and endowments from:			
Donations and legacies	16,254	11,850	28,104
Charitable activities	3,178	-	3,178
Investments	54	-	54
Other income	16,630	-	16,630
Total	36,116	11,850	47,966
Expenditure on:			
Raising funds	8,124	-	8,124
Charitable activities	36,455	2,728	39,183
Total	44,579	2,728	47,307
Net income	(8,463)	9,122	659
Net movement in funds	(8,463)	9,122	659

15 Related Parties

The charity operates from the premises of Stanley Street Independent Methodist Church, Seaham, which also appoints members of the Executive Committee. The charity is grateful for the use of facilities and the support which it receives from Stanley Street Independent Methodist Church, Seaham. In the opinion of the Trustees the rent paid for the use of the premises £4,800 (2021: £4,800) is a non-commercial transaction being below the market rental for the facilities which are enjoyed by the charity. Certain copying and printing costs were also reimbursed to Stanley Street Independent Methodist Church, Seaham, these amounted to £159 (2021: £411).

The Community Development Worker who is employed by the charity was paid £17,862 during the year (2021: £18,414) is married to Eric Southwick, one of the trustees, these payments are authorised under the constitution and consent has been granted by the Charity Commission.

16 Controlling Parties

The ultimate controlling party is Stanley Street Independent Methodist Church, Seaham.

17 Other Information

The charity is an unincorporated charity governed by its constitution registered in England and Wales which has its registered office at 51, The Avenue, Seaham, Co. Durham SR7 8NS.