

**Report of the Trustees and  
Receipts and Payment Accounts  
for the period ended 31 March 2022**

**for**

**Hector's House**

## **Hector's House**

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## **Hector's House**

### **Report of the Trustees for the year ended 31 March 2022**

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The Trustees are pleased to present their report together with the financial statements of the charity for the year ended 31 March 2022.

#### **REFERENCE AND ADMINISTRATIVE DETAILS**

<b>Charity Name</b>	Hector's House
<b>Registered charity number</b>	1165588
<b>Charity's principal address</b>	236a High Street Berkhamsted Hertfordshire HP4 1AG
<b>Names of Trustees</b>	R Stringer B Stringer J Cornell C Rowland D Millar A Cornell
<b>Independent Examiner</b>	E Cartwright ACCA MAAT

#### **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; delivering an increased number of talks and webinars on mental wellbeing, emotional resilience, exam stress, suicide prevention and suicide bereavement to schools and organisations. We have attended many seminars and are active members on steering groups such as Support After Suicide Bereavement (SASP), The National Suicide Prevention Alliance (NSPA) as well as local boards such as Just Talk Network in Hertfordshire and The Suicide Prevention Group in Buckinghamshire.

The charity has also been successful in increasing help and resources available by extending the therapeutic side of the charity, as well as working on a number of online resources. We have been very busy in signposting and supporting our beneficiaries, and we are making progress in launching a support group for men.

Our activity online increased; ensuring regular activity on social media channels such as Facebook, Twitter and Instagram – which are important for spreading mental health awareness and signposting to existing resources.

**Summary of main achievements**

We have been incredibly fortunate to have had a very successful year – both in the support we've received from our community, and the support we have been able to offer our beneficiaries. We successfully signposted our highest number of beneficiaries to the correct mental health support for them, as well as offering therapeutic services in house and externally. We made progress with our aim to start a support group for men – Hector's Gentle-Man's Club – by securing funding and a volunteer to assist us with the running of the sessions.

We delivered an increased number of mental health awareness talks and workshops to schools, businesses, organisations and health care boards from last year, despite the current restrictions.

Our social media presence and website had many updates and an increase in service users. We also had the opportunity to be featured on podcasts, and many local publications.

The charity was extremely lucky to be chosen as Charity of the Year by a number of businesses; most notably by Waddesdon Manor and the Rothschild Foundation. Our community also was incredibly supportive, with a number of amazing individuals taking on fundraising challenges. The funds secured in these bids enables us to continue our life-saving work and ensuring the future of the charity.

**Awareness**

We increased the use of our social media platforms (Facebook, Instagram and Twitter) to reach as many people as possible. Our digital activity has resulted in a growth of our number of followers and website users. We received an anonymous letter this year to inform us our social media messages and website helped to save this person's life. We were incredibly thankful to have been given this news – and it shows the high importance of our online presence.

We are also ensuring that GPs, other local charities and health workers in our area are aware of the service we provide by sitting on a number of boards and steering groups (listed above) that meet regularly.

**Education**

With the pandemic easing but not entirely lifted, the Hector's House team did our best to continue delivering a high number of mental health presentations to schools, organisations and conferences. We

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## **Hector's House**

### **Report of the Trustees for the year ended 31 March 2022**

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utilised the time to perfect our current Eat Move Love presentation (which is based on the Mental Health Foundation's 10 Steps to Well-being). Our workshop offerings have now expanded on our popular Eat Move Love presentation; as we also now deliver talks on exam stress for students, suicide awareness and prevention, leaving for university, help and awareness for parents, the complications of suicide bereavement and a talk based on Neurolinguistic Programming (NLP). These have been very popular, and we were also fortunate to deliver a number of workshops to corporates that combined all of our presentations.

#### **Working in Partnership**

We sit on the 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 successfully implemented our new Triage of Support model, which has helped us to lower waiting times and ensure each brave person who reaches out to us is given the best care possible. This includes a 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.

Where someone is in crisis and needs help and where there is a financial need, we may facilitate some counselling or referral to local relevant support including a psychologist.

With NHS waiting times rising in the current pandemic, 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. This year, we have also made significant progress with our support group for men – Hector's Gentle-Man's Club. This initiative has been fully funded and we have found a trained volunteer to help us facilitate the sessions. Men are the most at risk group of suicidal behaviours, yet are the least likely to reach out for support. This project has been based on the Samaritans guide called Engaging Men Earlier and we hope to implement the project by the end of 21-22.

#### **Restricted Reserves**

We were fortunate to secure a number of grants to fund particular projects, such as Hector's Gentle-Man's Club. Our restricted reserves are £1,995.

#### **Statement of the charity's policy on reserves**

We are fortunate to have free reserves of £95,051. 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 a physical 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

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Hector's House

**Report of the Trustees  
for the year ended 31 March 2022**

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there is no core funding.

**DECLARATION**

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

Name Robert Feinzel Signed 

Date 31/1/2023

Trustee, on behalf of Hector's House

**Hector's House****Receipts and Payments Account  
for the period ended 31 March 2022****RECEIPTS AND PAYMENTS**

	Unrestricted	Restricted	2022 Total	2021 Total
	£	£	£	£
<b><u>RECEIPTS</u></b>				
<b>Voluntary Income</b>				
Donations	85,727	-	85,727	40,622
Grants	35,902	-	35,902	4,365
Fundraising Income	-	-	-	-
Gift Aid	-	-	-	-
<b>Investments</b>				
Deposit account interest	1	-	1	-
<b>Total Receipts</b>	<u>121,629</u>	<u>-</u>	<u>121,629</u>	<u>44,987</u>
<b><u>EXPENDITURE</u></b>				
<b>Charitable Activities</b>				
Youth Health Champions	-	-	-	-
Raising awareness & education	5,719	-	5,719	8,262
Counselling fees	8,820	-	8,820	17,680
Admin expenses	6,364	-	6,364	1,125
Insurance	471	-	471	471
Staff costs	48,961	-	48,961	32,115
Accountancy	1,636	-	1,636	192
Consultant	-	-	-	45
Training & conferences	444	-	444	99
<b>Raising Funds</b>				
Fundraising	72	-	72	-
<b>Expenditure</b>	<u>72,487</u>	<u>-</u>	<u>72,487</u>	<u>59,989</u>
Asset purchases	-	4,250	4,250	2,066
<b>Total Expenditure</b>	<u>72,487</u>	<u>-</u>	<u>76,737</u>	<u>62,055</u>
<b><u>EXCESS OF RECEIPTS OVER PAYMENTS</u></b>	<u>49,142</u>	<u>(4,250)</u>	<u>44,892</u>	<u>(17,068)</u>

**Hector's House****Receipts and Payments Account  
for the period ended 31 March 2022****RECONCILIATION TO AMOUNTS HELD**

	<b>Unrestricted</b>	<b>Restricted</b>	<b>2022</b>	<b>2021</b>
	<b>£</b>	<b>£</b>	<b>Total</b>	<b>Total</b>
			<b>£</b>	<b>£</b>
Excess of payments over receipts	49,142	(4,250)	44,892	(17,068)
Funds brought forward	45,909	6,245	52,154	69,222
<b>CASH FUNDS (Note 1)</b>	<b>95,051</b>	<b>1,995</b>	<b>97,046</b>	<b>52,154</b>

**Notes****1. CASH FUNDS**

Current account	93,358	1,995	95,353	45,081
Deposit account	6,952	-	6,952	6,952
Cash	121	-	121	121
	<b>100,431</b>	<b>1,995</b>	<b>102,426</b>	<b>52,154</b>

**2. OTHER MONETARY ASSETS**

Gift aid claim	-	-	-	5,381
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**3. ASSETS RETAINED FOR OWN USE**

Computer assets	-	-	-	2,066
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**4. LIABILITIES**

Social security	422	-	422	658
Pension	254	-	254	193
	<b>676</b>	<b>-</b>	<b>676</b>	<b>851</b>

**5. REMUNERATION OF CONNECTED PERSON**

In accordance with the terms of the charity's trust deed, C Stringer was paid £24,750 (2021: £14,123) 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 2022**

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I report to the charity trustees on my examination of the accounts of the charity for the year ended 31 March 2022 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 .....  ..... K Stone FCCA MAAT

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

Date

..... 31<sup>st</sup> January 2023 .....