

THE RIVER HOUSE TRUST
FINANCIAL STATEMENTS
PERIOD ENDED 30 SEPTEMBER 2020
COMPANY NO 3248808
REGISTERED CHARITY NUMBER 1059696

**THE RIVER HOUSE TRUST
(Company Number 3248808)**

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CORPORATE INFORMATION
PERIOD ENDED 30 SEPTEMBER 2020

BOARD OF DIRECTORS/TRUSTEES

Sheena Basnayake
Nimrod Ben Cnaan (retired December 2019)
Jeremy Booth (joined May 2019)
Mark Bower (retired January 2020)
Angela Byakwaga (retired June 2020)
Pepe Catalan
Ian Govendir
Mark Nelson
Dean Nicholson
Michael Rayment
Chris Rogers
Vivienne Whittingham (deceased December 2019)

COMPANY SECRETARY

Chris Woolls

REGISTERED OFFICE

2nd floor, 289 Green Lanes
London
N13 4XS

INDEPENDENT EXAMINERS

Mario Koureas FCCA
Hetherington and Co Ltd
Chartered Certified Accountants
2nd floor, 289 Green Lanes
London N13 4XS

BANKERS

National Westminster Bank Plc
143 High Street
Bromley
Kent BR1 1JH

**THE RIVER HOUSE TRUST
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**TRUSTEES' REPORT
PERIOD ENDED 30 SEPTEMBER 2020**

The Trustees, who are also Directors of the Trust for the purposes of the Companies Act, present their report and the unaudited financial statements for the period ended 30 September 2020.

Trustees took the decision to extend our Financial Year end from 31st March to 30th September 2020, in order that we could better focus on supporting our members through the first COVID-19 lockdown.

Throughout this report we have included quotes from our members – in answer to the question *Have you had positive experiences over the covid period?*

REFERENCE AND ADMINISTRATIVE DETAILS

Charity Number: 1059696

Company Number: 3248808

Principal Office: Furnivall Gardens, off Rutland Grove, London W6 9DJ

Directors and Trustees

The Directors of the Charitable Company (The Charity) are its Trustees for the purpose of charity law and throughout this report are collectively referred to as Trustees.

The Trustees who served during the year were as stated on page 1.

Viv Whittingham

We're very sad to report that Viv passed away, unexpectedly, in December 2019. Viv had been very involved with River House for many years, from when she worked at Hammersmith & Fulham social services. Her wise counsel and knowledge are sorely missed.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing Document

The River House Trust was incorporated on 12 September 1996 as a company limited by guarantee, not having share capital. The Company is registered as a Charitable Trust. The Company is governed by its Memorandum and Articles of Association. River House merged with Cara Trust in June 2018.

Appointment of Trustees

New Trustees are appointed by the members of the Board. The provision of support services for people with HIV, perhaps, become both more specialised in some places and generic in others. As a consequence, we increasingly look beyond the sector to recruit new Board members. Prospective candidates are identified for their requisite expertise and skills. An introduction process is undertaken leading to Board approval.

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Trustee induction and training

New Trustees are inducted by the Chair of the Board, existing Board members and the director. Once appointed, new Trustees are provided with a brief history of the Charity, the Charity's governing documents, copies of prior year accounts and minutes of Trustee meetings from the previous twelve months.

Organisation

The Trust is overseen by the Board of Trustees. Day-to-day management is delegated to the director. At times, the Chair and two other Trustees can act as an Executive Group for special projects between Board meetings. The Executive Group reports to the Board of Trustees.

Risk management

The Trustees have identified the major risks, both financial and operational, to which the Charity is exposed. The Trustees have regularly monitored the situation and have put in place plans to mitigate those risks.

The Trustees regularly review and monitor operational policies for improvements.

OBJECTIVES AND ACTIVITIES FOR THE PUBLIC BENEFIT

The principal object of the Charity is to relieve sickness amongst people who are living with HIV.

The Charity aims to achieve its main objective by the provision of a safe and welcoming environment in which individuals with HIV can access appropriate care and support from multi-disciplinary working partnerships.

In doing so, the Trustees, in exercising their duties and powers have complied with the duty in Section 4 of the Charities Act 2006 to have due regard to the guidance published by the Charity Commission including Public Benefit guidance.

'I volunteered at a local food-drop. I am back at work and my job is relatively safe, after having to take a pay-cut and other concessions'

'I'm learning about being a more supportive friend'

'I'm doing more cycling and walking'

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ACHIEVEMENTS AND PERFORMANCE

In 2019-20 we maintained our focus on improving the lives of our members; people with HIV. Our Aims have been all about:

- + Improving health and well-being;
- + Helping to overcome the impact of loneliness and/or isolation;
- + Reducing the impact of poverty;
- + Combating HIV related stigma and discrimination.

Our services are geared towards supporting one or more of these Aims.

Staff Team in this period has been:

Precious Kildare	-	Homeshare Manager
Guillermo Llorca	-	Psychotherapist
Ngozi Obanzu-King	-	Student social worker
Fiona Reid	-	Social worker
Nana Sarpong	-	Chef
Raj Satra	-	Lead Caseworker
Chris Woolls	-	Executive Director

The impact of COVID-19

Any report on the past year can only be written within the context of COVID-19. Initially people with HIV were told that they were an at risk population, which the government and NHS later rowed back on. However, many of our members were (and remain) vulnerable due to other health conditions, age, poverty and living circumstances. We've lost and grieved for people we know – both within the charity and the wider HIV community.

We've also seen some remarkable altruism and generosity from our membership, with many coming forward as peer-volunteers to help others through this distressing time.

Lloyds Bank Foundation describe small charities as having 'showed up and stuck around...using their position of trust within communities experiencing complex social issues to support people when they were needed the most'. We think this well describes our volunteers who came forward to work on our Foodbank as drivers, parcel packers, personal shoppers and weekly phoners, who waited tables and worked in our kitchen and who metted-and-greeted whilst recording temperatures when members arrived for lunch. Words can't really express how grateful we are to all of them. Thank you all so much.

In January 2021 we surveyed our members about how COVID had affected their health and well-being. 97 members took part – a response rate of 55% of those who opened the survey;
+ 84% were aged 50 or over;

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+ 76% told us they had other health issues on top of HIV, with the most commonly cited being Depression and other Mental Health conditions, Diabetes, Neuropathy, Chronic Obstructive Pulmonary Disease (COPD); Cancers; High Cholesterol, High Blood Pressure, Heart disease and Osteoporosis;

+ 64% were Happy about communications with their HIV clinic in the past year, whilst 19% were Unhappy;

+ Regarding social distancing – 35% found it easy, 34% were neutral about it, whilst 31% found it difficult;

+ When asked whether money and finances had been negatively affected by COVID-19 – 28% told us that they had been affected a lot, 24% a moderate amount and 13 % a little;

+ About vaccines – 59% said they were very keen, 15% were keen, 13% were undecided, 1% were not keen, 5% said they wouldn't be vaccinated and 6% had already had at least 1 dose (at 15th Jan. 2021);

+ 82% told us they'd felt more isolated over the past year, and 71% said they'd felt lonelier;

+ We asked whether confidence and ability to manage health had improved or worsened – 16% said it had got a lot worse, 22% a little worse, 51% about the same, and 11% said it had improved;

+ COVID's effect on Mental Health – 1% felt it had improved, 25% said it was about the same, 47% that it had got worse and 27% told us it had got much worse.

'Personally the excellent full support I have been getting from River House (e.g. peer-support, well organised food parcels, information and service referrals) are very positive experiences...which are also giving me Hope at these difficult times'

Given the impact of COVID-19 we've had another very busy year at River House. Remarkably, despite shielding, social distancing and the lockdowns, the number of individual members using services actually increased by 2.5%, from 377 to 387.

We've analysed those 387 individuals by different variables below, to give you a better sense of our members, beyond their common HIV status.

Gender	18-19 Members using our services	19-20 Members using our services	Hammersmith & Fulham residents
Female	103 (27%)	104 (27%)	27 (23%)
Male	274 (73%)	283 (73%)	93 (77%)
Total	377	387	120

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<u>Age</u>	18-19 Members using our services	19-20 Members using our services	Hammersmith & Fulham residents
≤ 30	5 (1%)	3 (<1%)	1 (<1%)
31-40	29 (8%)	19 (5%)	10 (8%)
41-50	83 (22%)	76 (20%)	18 (15%)
51-60	172 (46%)	177 (46%)	60 (50%)
61-70	70 (19%)	86 (22%)	25 (21%)
71-80	15 (4%)	21 (5%)	6 (5%)
81+	3 (1%)	5 (1%)	0
Total	377	387	120

<u>Ethnicity</u>	18-19 Members using our services	19-20 Members using our services	Hammersmith & Fulham residents
All Asian	11	11 (3%)	4 (3%)
Black African	79	89 (23%)	16 (13%)
Black Caribbean	9	11 (3%)	3 (2.5%)
Black Other	6	6 (1.5%)	0
Dual Heritage	12	13 (3%)	3 (2.5%)
Other	4	16 (4%)	5 (4%)
White British	74	94 (25%)	33 (27.5%)
White Other	59	66 (17%)	21(17.5%)
Not recorded *	123	81 (21%)	35 (29%)
Total	377	387	120

'I'm having more open and honest conversations with people on the phone'

<u>Sexuality</u>	18-19 Members using our services	19-20 Members using our services	Hammersmith & Fulham residents
Bisexual	7	6 (1.5%)	2 (2%)
Gay men	116	145 (37.5%)	47 (39%)
Heterosexual	95	100 (26%)	20 (17%)
Rather not Say	4	4 (1%)	2 (2%)
Not recorded *	155	132 (34%)	49 (41%)
Total	377	387	120

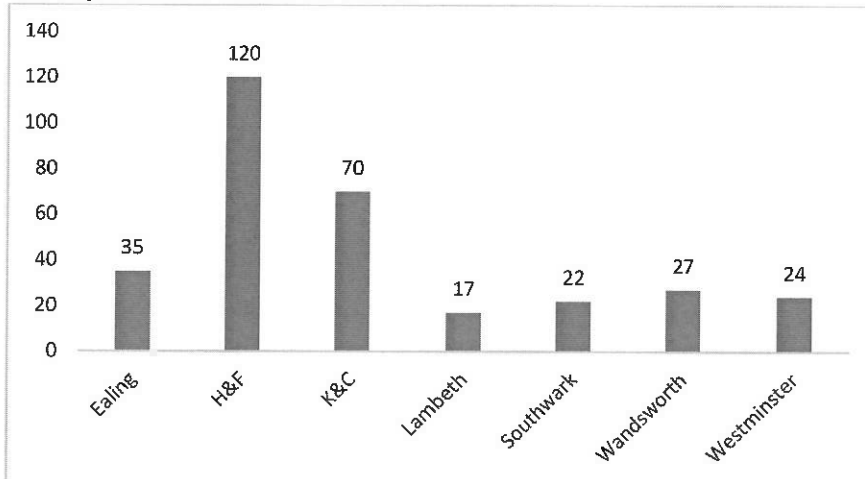
* A number of older entries on our case-management database are missing this information; this has reduced from the previous year and we continue to make efforts to collect the missing data.

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Boroughs of residence

During this year we provided services to members resident in 32 boroughs – both within London and beyond. Main ones listed below.



Sample of services used	18-19 Members using our services	19-20 Members using our services	Hammersmith & Fulham residents
50+ social programme	37	58 (15% used)	18 (15% used)
African peer-support group	147	177 (46% used)	54 (45% used)
Food-bank	54	109 (28% used)	28 (23% used)
Peer-lunch group	268	244 (63% used)	82 (68% used)
Women's peer-support	20	31 (8% used)	7 (6% used)

'I think the pandemic brought me closer to certain people, the people that really matter in my life'

Our casework and what it delivers for members.

Our staff team of caseworkers and social workers provides one-to-one advice, advocacy and casework for our members, mostly on **welfare benefits** and housing related issues. Increasingly the team's time is taken up with appeals related to Employment Support Allowance (ESA) or Personal Independence Payments, the majority of which are successful.

Through COVID this has continued – meeting our members in our garden and providing a socially distanced service to those without online access.

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Caseworkers also work on **Hardship Grants** for our poorest members. Successful applications for £3951 were made to Charitable Trusts, Foundations and Local Authorities for grants for essential items such as cookers, fridges, personal living expenses, clothing etc.

Thanks to Eaton Fund, Fund for Human Need, Heinz, Glasspool Charity, Kensington & Chelsea District Nursing Trust, Anna and Carol Kroch Foundation, Florence Nightingale Aid in Sickness Trust, South London Relief in Sickness Fund, Wandsworth Oasis and Westminster Almshouses Foundation.

London Catalyst Fund recently funded us to recruit and support peer-volunteers to work on this essential service; we look forward to reporting on progress with that next year.

Our **housing** related work often involves trying to help some of our most vulnerable members maintain their tenancies in difficult circumstances. Issues facing some of our members can include mental health problems, drug and alcohol addiction, isolation, HIV stigma and hoarding, all of which can make maintaining a tenancy very tenuous.

'Great support from established personal friends and sister, my only direct living family member. Church membership (HIV status undisclosed), greatly supportive. Phone calls, chats through open windows, Xmas cards and presents'

Partnership working remained a priority during the year. This has facilitated the expansion of our services whilst continuing to increase our visibility across the social care, voluntary and educational sectors. We've worked with a number of other groups, providers and agencies during the year to provide services for our members. We would like to acknowledge the valuable input of:

Citizens Advice Hammersmith & Fulham - who've delivered excellent workshops as well as being a key agency to refer people to.

East London University – with whom we collaborated on a research programme involving people with HIV.

Homeshare UK – for providing expertise, knowledge and support on developing Homeshare services.

SASH partnership - who provided weekly support services at our venue.

Our **Nutrition focused services** were enhanced a great deal through partnership working:

+ Our **Foodbank** – which supports the very poorest people with HIV in London – is made possible by relationships with our wonderful delivery partners **City Harvest** and **Fareshare**, which also prevents valuable food products from being wasted and sent to landfill.

+ Our **peer-lunch programmes** benefit massively from our relationship with another food delivery partner, the **Felix Project**, who deliver high-quality produce direct to our kitchen every week, enabling us to provide a nutritionally balanced three-course meal every day for some of our older and more isolated members.

+ We're also a referral partner for Hammersmith & Fulham and other local Foodbanks.

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'I have enjoyed my free time as I work full-time. I have enjoyed being in my flat and, whenever possible, exploring my local area'

Given that many of our service users experience quite profound social isolation, we see social connection and social activities as important aspects of our service provision. During the past year we expanded on our **volunteer led social events**, particularly for members aged 50 and over. Big thanks are due to the British Museum, Historic Royal Palaces, and Kew Gardens for offering our members free access to some great shows!

Our **Complementary Therapy** programme delivered Acupuncture, Amatsu, Craniosacral Therapy, Massage and Qi Gong through the year, whilst our **Psychotherapy** programme delivered Counselling, Group Therapy, Neuro-Linguistic Programming and Psycho-sexual Therapy.

Volunteers, and particularly **peer-volunteers**, have played an increasingly important role this year, meaning we've provided many more services than we'd be able to do without them. Roles have included 50+ group leaders, Cooks, Community Rep., Food-bank supervisors, Gardeners, Kitchen Assistants, Receptionists, Therapists and Trustees. Big thanks to all of them and to all the informal volunteers who help out around our centre.

'I still feel close to my friends, my studying has continued online, and I've enjoyed doing yoga online'

'I've enjoyed volunteering and providing peer-support'

Strategic considerations for River House continue to focus on the development of services that support an ageing client group with emerging welfare, clinical and psychosocial needs. We have developed our peer programmes, and we will continue to do so in coming years, to provide a comprehensive support system for our older clients to help them to deal with the challenges that lie ahead.

Many individuals, Trusts and Foundations generously provided grants and donations which have enabled us to provide a range of services and/or goods for our service users. We would like to take this opportunity to thank these individuals as well as:

City Bridge Trust, Co-op Local Community Fund, Daisy Trust, DEFRA Wrap Fund, Dr Edwards & Bishop King's Fulham Charity, Gilead Sciences, Hammersmith United Charities, Hyde Park Place Estate Charity, Leeds Building Society Foundation, London Catalyst Fund, London Community Foundation, London Community Response Fund, MAC AIDS Fund, Metropolitan Public Gardens Association, Tampon Tax Fund, Tesco Bags of Hope, TFL Walking & Cycling programme, Trusthouse Charitable Foundation, United in Hammersmith & Fulham, Viiv Healthcare and Wandsworth Oasis.

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**TRUSTEES' REPORT
PERIOD ENDED 30 SEPTEMBER 2020**

FINANCIAL REVIEW

The results for the period are set out on page 13.

For the period under review overall income generated totalled £391,537 (2019: £207,140). Included within this total is an unrestricted legacy of £44,676 received from a former user of The Cara Trust. In the previous accounting period, donations included £59,890 received from The Cara Trust which represented the entire net assets of the charity whose activities were absorbed by the River House.

The main source of income in the period again derived from charitable institutions and individuals. The amount received in the period totalled £349,070 of which £190,382 (2019: £82,787) related to general funds with the balance £158,688 relating to restricted funds (2019: £79,414). There was no public sector funding in the period (2019: £37,255). Other revenues generated predominately through lunches served, social placement fees and hiring of rooms totalled £22,362 (2019 £27,091). The charity also received £19,981 via the Job Retention Scheme due to Covid-19 and bank interest of £124.

Expenditure for the year totalled £338,718 (2019: £352,178) of which £217,548 (2019: £289,244) related to general funds and £121,170 (2019: £62,934) to restricted funds. In the previous accounting period, expenditure included legal fees, re-structuring and redundancy costs following the coming together of The River House and The Cara Trust.

For the period under review the charity generated a net surplus of £16,459 on general funds compared to a deficit of £160,429 incurred in the previous reporting period, which was partly due to reduced public sector funding and as mentioned above re-organisation costs.

Restricted funds reveal a surplus of £37,518 for the period and this relates funds not fully expended at the period end date.

As at the period end date, general funds stood at £58,133 and restricted funds stood at £62,970.

As a consequence of the Covid-19 pandemic, the trustees have taken steps to generate new income streams and control the charity's outgoings through cost savings. The trustees are confident, based on actions taken and to the best of their knowledge and belief, that the Charity is able to continue as a going concern.

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Reserve policy

In order for the Charity to meet its stated aims and objectives, it continues to be dependent upon grant making Trusts and Foundations, as well as individual donations and fund raising activities. The level of funding received in any given year will depend on the resources made available to the Charity. Revenues generated will in turn dictate amounts that can be applied by the River House for its charitable purposes.

SMALL COMPANY EXEMPTION

This report has been prepared in accordance with the special provisions of Part 15 of the Companies Act 2006 relating to small companies.

The attached financial statements comply with relevant legislation and with the charitable company's governing document.

By Order of the Board

Dean Nicholson (Chair)

Dated: 11 May 2021



**INDEPENDENT EXAMINERS' REPORT TO THE TRUSTEES OF
THE RIVER HOUSE TRUST**

I report on the financial statements of The River House Trust for the period ended 30 September 2020, which are set out on pages 13 to 24.

Responsibilities and basis of report

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

Having satisfied myself that the accounts of the Company 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 your charity's accounts as carried out under section 145 of the *Charities Act 2011* ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act.

Independent examiner's statement

Since the Company's gross income exceeded £250,000 your examiner must be a member of a body listed in section 145 of the 2011 Act. I confirm that I am qualified to undertake the examination because I am a member of Chartered Association of Certified Accountants, which is one of the listed bodies.

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:

- (1) accounting records were not kept in respect of the Company as required by section 386 of the 2006 Act or
- (2) the accounts do not accord with those records; or
- (3) the accounts 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 accounts 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 accounts to be reached.



M Koureas FCCA

For and on behalf of Hetherington & Co
Chartered Certified Accountants
Second Floor, 289 Green Lanes,
Palmer's Green, London N13 4XS

Dated 4th May 2021

THE RIVER HOUSE TRUST
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STATEMENT OF FINANCIAL ACTIVITIES
(Incorporating an Income and Expenditure)

PERIOD ENDED 30 SEPTEMBER 2020

	Note	General Fund £	Restricted Funds £	Total 2020 £	Year Ended 31st March 2019 £
Income:					
Donations and legacies	2	190,382	158,688	349,070	179,932
Other trading activities	3	22,362		22,362	27,091
Other income	4	19,981		19,981	-
Investment income	4.1	124	-	124	117
Total income		<u>232,849</u>	<u>158,688</u>	<u>391,537</u>	<u>207,140</u>
Expenditure:					
Cost of raising Funds	6	12,251	-	12,251	10,343
Expenditure on charitable activities:	7	205,297	121,170	326,467	341,835
Total expenditure		<u>217,548</u>	<u>121,170</u>	<u>338,718</u>	<u>352,178</u>
Net income/(expenditure) for the year before gains/(losses) on investments	8	15,301	37,518	52,819	(145,038)
Net gains/(losses) on investments		<u>1,160</u>	<u>-</u>	<u>1,160</u>	<u>1,089</u>
		16,461	37,518	53,979	(143,949)
Transfer between funds		<u>-</u>	<u>-</u>	<u>-</u>	<u>-</u>
Net movement in funds for the year		16,461	37,518	53,979	(143,949)
Reconciliation of Funds					
Total funds brought forward		41,672	25,452	67,124	211,073
Total funds carried forward		<u>£ 58,133</u>	<u>£ 62,970</u>	<u>£ 121,103</u>	<u>£ 67,124</u>

The notes form part of these financial statements.

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BALANCE SHEET
AS AT 30TH SEPTEMBER 2020

	Note	2020 £	31st March 2019 £
FIXED ASSETS			
Tangible assets	10	4,666	5,503
Investments	10.1	<u>5,213</u>	<u>44,053</u>
		9,879	49,556
CURRENT ASSETS			
Debtors	11	46,379	30,410
Cash at bank and in hand		<u>107,440</u>	<u>29,010</u>
		153,819	59,420
CREDITORS - amounts falling due within one year	12	<u>(42,595)</u>	<u>(41,852)</u>
NET CURRENT ASSETS		111,224	17,568
NET ASSETS		<u>£ 121,103</u>	<u>£ 67,124</u>
RESERVES			
General funds	14	58,133	41,672
Restricted funds	15	<u>62,970</u>	<u>25,452</u>
		<u>£ 121,103</u>	<u>£ 67,124</u>

The charitable company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the period ended 30 September 2020.

The members have not required the company to obtain an audit of its financial statements for the period ended 30 September 2020 in accordance with Section 476 of the Companies Act 2006.

The Trustees acknowledge their responsibilities for:

a) ensuring that the charitable company keeps accounting records that comply with Sections 386 and 387 of the Companies Act 2006 and

b) preparing financial statements which give a true and fair view of the state of affairs of the charitable company as at the end of each financial year and of its surplus or deficit for each financial year in accordance with the requirements of Sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the charitable company.

These financial statements have been prepared in accordance with the special provisions of Part 15 of the Companies Act 2006 relating to small companies.

Approved on behalf of the Board of Trustees on 11th May 2021 by:-

.....
Dean Nicholson (Chair)

The notes form part of these financial statements.

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NOTES TO THE FINANCIAL STATEMENTS
PERIOD ENDED 30 SEPTEMBER 2020

1. ACCOUNTING POLICIES

The principal accounting policies adopted in the preparation of the financial statements were as follows:

1.1 Basis of Accounting

The financial statements have been prepared in accordance with the 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 1st January 2015) the Companies Act 2006, The Charities Act 2011 and applicable regulations.

The financial statements have been prepared under the historical cost convention with items recognised at cost or transaction value unless otherwise stated in the relevant note(s) to these accounts.

The Charity meets the definition of a public benefit entity. The financial statements have been prepared under the historical cost convention with items recognised at cost or transaction value unless otherwise stated in the relevant note(s) to these accounts.

The Trustees have assessed whether the use of the going concern basis of accounting is appropriate and have considered possible events or conditions that might cast significant doubt on the ability of the charitable company to continue as a going concern. As explained in the Trustees' Report, the Trustees have taken steps to mitigate risk and in particular, the trustees have considered the charity's forecasts and projections

The Trustees have made this assessment for a period of at least one year from the date of the approval of these financial statements. After making enquiries, the Trustees have concluded that there is a reasonable expectation that the charitable company has adequate resources to continue in operational existence for the foreseeable future. The charity therefore continues to adopt the going concern basis in preparing its financial statements.

1.2 Income

Income is recognised when the charity has entitlement to the funds, any conditions attached to the item(s) of income have been met, it is probable that the income will be received and the amount can be measured reliably.

Income from grants, whether 'capital' or 'revenue' grants, is recognised when the charity has entitlement to the funds, any performance conditions attached to the grants have been met, it is probable that the income will be received and the amount can be measured and is not deferred.

Grants represent core funding by local authorities in order for the Charity to provide a range of agreed specified services for users in accordance with its stated objects. Such income is only deferred when:

- The donor specifies that the grant or donation must only be used in future accounting periods; or
- The donor has imposed conditions which must be met before the Charity has unconditional entitlement

For Legacies, entitlement is taken as the earlier of the date on which either: the charity is aware that probate has been granted, the estate has been finalised and notification has been made, or when a distribution is received from the estate. Receipt of a legacy in whole or in part is only considered probable when the amount can be measured reliably and the charity has been notified of the executor's intention to make a distribution. Where legacies have been notified to the charity, or the charity is aware of the granting of probate and the criteria for income recognition have not been met, then the legacy is treated as a contingent

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NOTES TO THE FINANCIAL STATEMENTS
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1. ACCOUNTING POLICIES- Continued

1.3 Donated services and facilities

Donated services and donated facilities are recognised as income when the charity has control over the item, any conditions associated with the donated item have been met, the receipt of economic benefit from the use by the charity of the item is probable and that economic benefit can be measured reliably.

Catering receipts represent amount received by the Charity from users to whom they provide subsidised meals.

1.4 Interest receivable

Interest on funds held on deposit is included when receivable and the amount can be measured reliably by the charity; this is normally upon notification of the interest paid or payable by the bank.

1.5 Fund accounting

Unrestricted funds are available to spend on activities that further any of the purposes of the charity.

Designated funds are unrestricted funds of the charity which the Trustees have decided at their discretion to set aside to use for a specific purpose. Restricted funds are donations which the donor has specified are to be solely used for particular areas of the charity's work or for specific projects being undertaken by the charity.

1.6 Expenditure and irrecoverable VAT

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

Expenditure is classified under the following headings:

- Cost of raising funds are those costs incurred in attracting voluntary income.
- Expenditure on charitable activities includes all direct costs incurred to further the purpose of the charity, together with associated support costs.
- Other expenditure represents those items not falling into any other heading.

Irrecoverable VAT is charged as a cost against the activity for which the expenditure was incurred.

1.7 Allocation of support costs

Support costs are those functions that assist the work of the charity but do not directly undertake charitable activities. Support costs include office costs, finance, personnel, payroll and governance costs which support the charity's activities. These costs have been allocated between cost of raising funds and expenditure of charitable activities and the bases on which the support have been allocated are set out in note 5.

1.8 Tangible fixed assets

All tangible fixed asset expenditure is capitalised at cost. Provision is made for depreciation on all tangible fixed assets, at rates calculated to write off the cost or valuation less residual value of each asset over its expected useful life as follows:

Fixtures, fittings and equipment - 33.33% straight line

1.9 Debtors

Trade and other debtors are recognised at the settlement amount due after any trade discount offered.

Prepayments are valued at the amount prepaid net of any trade discounts due.

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NOTES TO THE FINANCIAL STATEMENTS
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1. ACCOUNTING POLICIES- Continued

1.10 Realised gains and losses

All gains or losses are taken to the Statement of Financial Activities as they arise. Realised gains and losses on investments are calculated as the difference between the sale proceeds and their opening carrying value or their purchase value if acquired subsequent to the first day of the financial year. Unrealised gains and losses are calculated as the difference between their fair value at the end of the year and their carrying value. Realised gains and losses are combined in the Statement of Financial Activities.

1.11 Fixed Asset Investments

Investments are a form of basic financial instrument and are initially recognised at their transaction value and subsequently measured at their fair value as at the balance sheet date using the closing stock market price. The Statement of Financial Activities include the net gains and losses arising on the revaluation and disposals throughout the year.

1.12 Cash at bank and in hand

Cash at bank and cash in hand includes cash and short term highly liquid investments with a short maturity of three months or less from the date of acquisition or opening of the deposit or similar account.

1.13 Creditors and provisions

Creditors and provisions are recognised where the charity has a present obligation resulting from a past event that will probably result in the transfer of funds to a third party and the amount due to settle the obligation can be measured or estimated reliably. Creditors and provisions are normally recognised at their settlement amount after allowing for any trade discounts due.

1.14 Leases

Rentals paid under operating leases are charged in the statement of financial activities in the year to which they relate.

1.15 Pensions

The Charity operates a defined contribution pension scheme. The assets of the scheme are held separately from those of the company in an independently administered fund. Contributions payable for the year are charged in the statement of financial activities.

2. INCOME FROM DONATIONS AND GRANTS

	General Funds £	Restricted Funds £	Total 2020 £	Year Ended 31st March 2019 £
Local authority grants	-	-	-	37,255
Donations from individuals, companies and other charitable institutions	145,706	158,688	304,394	82,787
Legacy *	44,676	-	44,676	-
Donations from The Cara Trust **	-	-	-	59,890
	<u>190,382</u>	<u>158,688</u>	<u>349,070</u>	<u>179,932</u>

*The amount represents a legacy donated from the estate of a former user of The Cara Trust.

** In the previous accounting period the amount received represented the transfer of the entire net assets of the Charity as at 1st June 2019

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3. INCOME FROM OTHER TRADING ACTIVITIES

	Total 2020	Year Ended 31st March 2019
	£	£
Social work placement fees	3,800	5,400
Catering receipts	16,886	20,020
Hire of hall	1,676	1,671
	<u>22,362</u>	<u>27,091</u>

4. OTHER INCOME

	Total 2020	Year Ended 31st March 2019
	£	£
Furlough grant	<u>19,981</u>	<u>-</u>

4.1 INVESTMENT INCOME

	Total 2020	Year Ended 31st March 2019
	£	£
UK Bank interest	<u>124</u>	<u>117</u>
	<u>124</u>	<u>117</u>

5. ALLOCATION OF SUPPORT AND GOVERNANCE COSTS

The charity initially identifies the costs of its support functions. It then identifies those costs which relate to the governance function. Having identified its governance costs, the remaining support costs together with the governance costs are apportioned between the three key charitable activities undertaken in the year. Refer to the table below for the basis of apportionment and the analysis of support and governance costs.

		General Support Costs	Governance Costs	Total 2020	Year Ended 31st March 2019
	Basis of allocation	£	£	£	£
General office expenses	Usage	88,769		88,769	71,147
Independent Examiners' fee	Governance	-	4,440	4,440	2,164
Legal & professional fees	Usage	-	136	136	11,462
Human resources	Staff time	76,539	-	76,539	171,806
		<u>165,308</u>	<u>4,576</u>	<u>169,884</u>	<u>256,579</u>

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6. COST OF RAISING FUNDS

	General Funds £	Total 2020 £	Year Ended 31st March 2019 £
Directly attributed staff costs	-	-	-
Other directly attributed costs	6,142	6,142	3,763
Attributed support costs	6,109	6,109	6,580
	<u>12,251</u>	<u>12,251</u>	<u>10,343</u>

7. ANALYSIS OF EXPENDITURE ON CHARITABLE ACTIVITIES

	Peer Support £	Holistic Therapies £	Advisory Services £	Foodbank Services £	Total 2020 £	Year Ended 31st March 2019 £
<i>Directly attributed costs</i>						
Directly attributed staff costs	84,829	7,149	28,850	8,470	129,298	55,617
Other directly attributed costs	14,869	7,613	223	10,689	33,394	36,219
<i>Support costs and Governance Costs</i>	60,051	27,296	49,132	27,296	163,775	249,999
	<u>159,749</u>	<u>42,058</u>	<u>78,205</u>	<u>46,455</u>	<u>326,467</u>	<u>341,835</u>

For the period ended 30th September 2020 charitable expenditure was £326,467 (2019: year ended 31st March £341,835) of which £121,170 (2019: 62,934) was expenditure from restricted funds and £Nil from designated funds (2019: £14,263).

8. NET INCOME /(EXPENDITURE) FOR THE YEAR

	Total 2020 £	Year Ended 31st March 2019 £
This is stated after charging:-		
Independent Examiners' fee	4,440	2,164
Other accountancy services	9,058	5,530
Depreciation	7,547	2,603
Amounts paid under operating leases:-		
(a) Rent	<u>16,146</u>	<u>11,139</u>

8.1 Analysis of staff costs and trustees remuneration

	Total 2020 £	Year Ended 31st March 2019 £
Staff salaries and related costs	188,651	204,614
Social security costs	8,198	11,350
Staff pension costs	<u>8,988</u>	<u>11,459</u>
	<u>205,837</u>	<u>227,423</u>

The average number of persons employed during the year was 6 (2019-9). None of the employees were paid a salary in excess of £60,000 per annum. None of the Trustees of the Charity were remunerated for their time in carrying out their duties.

Salaries include £528 (2019 - £3,428) of costs incurred on hiring agency staff to provide cover in respect of kitchen staff.

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9. TAXATION

As a charitable trust, the Charity enjoys the benefit of exemption from taxation on income and gains falling within section 466-493 of Corporation Taxes Act 2010 and 256 of the Taxation of Chargeable Gains Act 1992 to the extent that these are applied for charitable purposes.

10. TANGIBLE FIXED ASSETS

	Plant and Equipment
Cost:	£
At 1 April 2019	104,995
Additions in the year	6,710
Disposals in the year	<u>(29,934)</u>
At 30 September 2020	<u>81,771</u>
Depreciation:	
At 1 April 2019	99,492
Charge for the year	7,547
Disposals for the year	<u>(29,934)</u>
At 30 September 2020	<u>77,105</u>
Net book value	
As at 31 March 2019	<u>4,666</u>
At 30 September 2020	<u>5,503</u>

10.1 FIXED ASSET INVESTMENTS

	Total 2020	31st March 2019
	£	£
Market value at 1 April 2019	44,053	-
Additions at cost	-	42,964
Proceeds on sale of investments	(40,000)	-
Unrealised/realised gain on revaluation of investments	<u>1,160</u>	<u>1,089</u>
Market value as at 30 September 2020	<u>5,213</u>	<u>44,053</u>

11. DEBTORS

	Total 2020	31st March 2019
	£	£
Prepayments and other debtors	4,106	5,674
Accrued income	<u>42,273</u>	<u>24,736</u>
	<u>46,379</u>	<u>30,410</u>

12. CREDITORS - AMOUNTS FALLING DUE WITHIN ONE YEAR

	Total 2020	31st March 2019
	£	£
Deferred income (see note 12.1)	23,902	12,368
Sundry creditors and accruals	<u>18,693</u>	<u>29,484</u>
	<u>42,595</u>	<u>41,852</u>

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12.1 DEFERRED INCOME

	2020	31st March 2019
	£	£
At 1 April 2019	12,368	-
Released in the year to income earned from charitable activities	(12,368)	-
Incoming resources deferred in the year	<u>23,902</u>	<u>12,368</u>
At 30 September 2020	<u><u>23,902</u></u>	<u><u>12,368</u></u>

12.1 OBLIGATIONS UNDER LEASE AGREEMENTS

The charity had total commitments under non-cancellable operating lease over the remaining life of those leases of £23,628 (2019: £33,090)

12.2 The Charity operates a defined contribution pension scheme for its employees. The assets of the scheme are held separately from those of the Charity. At the balance sheet date, there were no unpaid contributions due to the fund.

13. ANALYSIS OF NET ASSETS BETWEEN FUNDS

	General Funds	Restricted Funds	Total 2020
	£	£	£
Tangible fixed assets	4,666	-	4,666
Investment	5,213	-	5,213
Current assets	66,947	86,872	153,819
Creditors	<u>(18,693)</u>	<u>(23,902)</u>	<u>(42,595)</u>
	<u><u>58,133</u></u>	<u><u>62,970</u></u>	<u><u>121,103</u></u>

The charity has sufficient resources to enable each fund to be applied in accordance with the donors restrictions.

14. UNRESTRICTED FUNDS

	Balance at 1st April 2019	Incoming Resources	Resources Expended	Balance at 30th Septembe 2020
	£	£	£	£
General fund	41,672	232,849	(216,388)	58,133
	<u><u>41,672</u></u>	<u><u>232,849</u></u>	<u><u>(216,388)</u></u>	<u><u>58,133</u></u>

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15. RESTRICTED FUNDS

The fund balances listed below represent the excess of donations or grants received over expenditure incurred for those projects whereby the purpose is specified by the donors as to their use:-

	Balance at 1st April 2019 £	Incoming Resources £	Resources Expended £	Balance at 30th September 2020 £
Advisory				
Advocacy	-	24,750	(11,992)	12,758
Homeshare and Housing Support		12,368	(12,368)	-
Law Clinic	2,793	-	(2,793)	-
Peer Support				
Walking group	-	25,000	(11,170)	13,830
Peer to Peer Support		27,994	(27,994)	-
50+ social programme	17,408	4,506	(17,528)	4,386
Services for Women	-	17,081	(3,206)	13,875
Holistic				
Respite Breaks	-	1,900	-	1,900
Hardship Fund	4,601	6,892	(9,213)	2,280
Hardship Fund - small scale	650	-	(650)	-
Mental Health	-	1,650	(710)	940
Foodbank				
Food bank	-	22,643	(14,773)	7,870
Volunteer fund				
Volunteer Support		13,904	(8,773)	5,131
	<u>25,452</u>	<u>158,688</u>	<u>(121,170)</u>	<u>62,970</u>

16. FUNDS

16.1 Advocacy

This relates funds received wealthfare benefits and advice and small grants case work. At the period end date there was an unexpended balance of £12,758.

16.2 Homeshare and housing support

This fund relates to the provision of home share and housing support. During the year the Charity received and expended £12,368 for this purpose.

16.3 Law Clinic Fund

This fund was established to support the provision of free legal advice service to residents of London and the Home counties. During the year the entire fund of £2793 was expended.

16.3 Walking group

This represents monies received a project that encourages older people with HIV to exercise more in a friendly, social and peer-supportive way. Particularly useful for reducing frailty and isolation risks. At the period end date there was an unexpended balance of £13,830.

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16 FUNDS (...continued)

16.4 Peer to Peer Support

This fund relates to monies received in support of social programmes for people with HIV. At the period end date the fund was fully expended.

16.4 50+ social programme

This fund relates to the provision of both social and peer support for people with HIV aged 50+. At the period end date there was an unexpended balance of £4,386.

16.5 Services for Women

This fund relates to a specific peer support programme for women with HIV. At the period end date there was an unexpended balance of £13,875

16.6 Respite Breaks

The fund represented received for a one-off respite break for older people with HIV. Due to the pandemic the charity was unable to spend this money during the period.

16.7 Hardship Fund

This fund relates to monies received in order to provide grants to clients to cover the cost of basic needs and essential household items such as clothing, toiletries, cookers, fridges, beds etc. During the period the charity expended £9,213 from this fund for this purpose to leave an unexpended balance of £2,280 at the period end date.

16.8 Hardship Fund - small scale

This fund relates to monies received to provide micro grants to cover small-scale emergencies. During the period the fund was fully expended.

16.9 Mental Health

This fund relates to monies received for volunteered delivered mental health programmes. At the period end date there was an unexpended balance of £940.

16.10 Food bank

This fund relates to the provision of a food bank service for people with HIV particularly affected by poverty. During the period the Charity received £22,643 and expended £14,773 for this purpose, to leave a balance of £7,870 to carry forward to the ensuing year.

16.10 Volunteer Support

This relates to monies received to help recruit, manage and support volunteers who support the work of the charity. At the period end date there was an unexpended balance of £5,131 carried forward.

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17. TRANSACTIONS INVOLVING TRUSTEES

During the year, the Charity paid an insurance premium of £3,081 which included cover for Trustees legal liabilities for loss in their capacity as Trustees. There were no other transactions involving Trustees or any expenses reimbursed to the Trustees.

18. LEGAL STATUS

The Charity is a company limited by guarantee with no share capital. The liability of each member in the event of a winding up is limited to £10.

19. CONTROLLING PARTY

The Charity is ultimately controlled by the Trustees.