Nottingham Health and Education Support

Charity registration number: 1145903

Trustees Report and financial statements
for the year ended 31 August 2026

M Ahmed & Co
Chartered Accountants
83 Park Road, Chilwell, Nottingham, NG9 4DE

Nottingham Health and Education Support

LEGAL AND ADMINISTRATIVE INFORMATION

Trustees and management team

Mr Afzal Sadiq	Trustee	Chairman
Mr Azhar Raoof	Trustee	Treasurer
Dr Sakina Din	Trustee	
Mr John Stuart Laurie	Trustee	

Registered Charity Number 1145903

Address

9 Claygate, Nottingham, NG3 6JX

Accountant & Independent Examiners

M Ahmed & Co., Chartered Accountants, 83 Park Road, Chilwell, Nottingham. NG9 4DE

REPORT OF THE TRUSTEES' FOR THE PERIOD ENDED 31 AUGUST 2026

The Trustees present their report together with the financial statements of the charity for the period ended 31 August 2026.

Objects and Governance

Nottingham Health and Education Support (NHES) is a charitable organisation set up to act as a resource for disadvantaged and marginalised members of the community of all ages in Nottingham by providing advice and assistance and organising programmes of physical, educational and other activities as a means of:

a. Advancing in life and helping young people by developing their skills, capacities and capabilities to enable them to participate in society as independent, mature and responsible individuals;
b. Advancing education and training needs of vulnerable people;
c. Relieving unemployment, working closely with partners to support new and emerging communities into rewarding employment;
d. Providing recreational and leisure time activity in the interests of social welfare for people living in the area of benefit who have need by reason of their youth, age, infirmity or disability, poverty or social and economic circumstances with a view to improving the conditions of life of such persons.
e. Responding to basic needs such as food, shelter, clothing for individuals with no recourse to public funds.
f. Uniting communities, improving cohesion and tackling hatred.

It is a registered charity, number 1145903 governed by a constitution. The management of the Trust is vested in a Management Committee consisting of a Chairman, Treasurer and general members.

Applications for trusteeship and membership of the Management Committee are sought by personal solicitation. A panel comprising existing trustees and members of the Management Committee are involved in the selection process. The Management Committee meets at least four times and deals with all operational and development matters.

There have been no changes in the objects and policies during the year.

Achievement and performance

Review of developments

The Statement of Financial Activities for the year is set out on page 5 of the financial statements. A summary of the financial results and the work of the charity is set out below.

Charitable and fundraising activities

The Charity is dependent on funding from members, organisations and government authorities and securing this funding, to meet the operating and development costs remains the key challenge for the management committee over the short term.

The Charity has established excellent relationships with all delivery partners and facility providers. This allows the Charity to provide courses, education workshops, economic, health and social support to an increasingly diverse target community. The relationship with the two local universities and schools also remains strong providing a large pool of volunteers, informed programme development and collaboration on educational research opportunities.

REPORT OF THE TRUSTEES' FOR THE PERIOD ENDED 31 AUGUST 2026 ...continued.

The Charity has become an important partner in Nottinghamshire with the public, private, community and voluntary sector in providing much needed support to vulnerable communities during a climate of fear, hatred and inflation. The organisation is instrumental in meeting the day to day needs of people in Nottingham. Processes and controls have also been strengthened to ensure that the Charity complies with government guidelines and educational protocols at all times. The Charity's has also created several avenues to provide long term support for the most vulnerable sections of our community, and it has has continued to further develop these areas. Examples are the proposed establishment of a non-profit making recruitment service for new and emerging communities and help with the cost of living crisis.

Financial Review

Financial position

During 2026, £117,408 (2025 - £88,111) was donated by the community and supporting organisations. Full details of the main sponsors are given in note 4 on page 9. This includes £206,500 over 3 years from the National Lottery. Areas of focus for this project continue to be the following:

- Educational attainment for children and young people (CYP) from minority communities.
- Recruitment and Employment opportunities for new and emerging communities.
- Working with delivery partners to support refugees and asylum seekers with settlement in their neighbourhood.
- Health and wellbeing, address mental health and empowering women in minority communities.

Expenditure was £500 higher than income. The overspend was funded from carried forward funds. The remaining reserves have been earmarked for Proactive Learning and Empowering Communities work.

The work of the charity continues to in huge demand with supporting families to re-engage successfully with education. This work has also extended to supporting families who have been displaced from areas of the world where trauma and unrest are unfortunately too common. The charity would ilke to thank all members and supporters for their work and generosity.

Investment policy and objectives

The charity is a very young organisation and is not yet at the stage of having funds to invest.

Reserves policy

The Management Committee is aware, and has a policy, that unrestricted funds held by the charity and not committed or invested in tangible fixed assets should be between 3 and 6 months of expenditure.

Risk Management

The Management Committee is responsible for risk management issues. Risks are reviewed and policies put in place to minimise risks in all areas.

REPORT OF THE TRUSTEES' FOR THE PERIOD ENDED 31 AUGUST 2026 ...continued.

Statement of Trustees' responsibilities

The trustees are responsible for preparing the Trustees' Report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Company law requires the trustees to prepare financial statements for each financial year which give a true

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charity SORP;
- make judgements and estimates that are reasonable and prudent;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in business.

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 Companies Act 2006. 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.

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

Approved by order of the board of trustees and signed on its behalf by:



Azhar Raoof (Treasurer)
28 September 2026

INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF NOTTINGHAM HEALTH AND EDUCATION SUPPORT

I report on the accounts for the year ended 31 August 2026, which are set out on pages 6 to 10.

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 required.

Having satisfied myself that the charity is not subject to audit under company law and is eligible for independent examination, it is my responsibility to:

- examine the accounts under Section 145 of the 2011 Act
- to follow the procedures laid down in the General Directions given by the Charity Commission (under Section 145(5)(b) of the 2011 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 statements 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 386 and 387 of the Companies Act 2006; and
- to prepare accounts which accord with the accounting records, comply with the accounting requirements of Sections 394 and 395 of the Companies Act 2006 and with the methods and principles of 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 1 January 2015)

(2) to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

M. Ahmed & Co

M Ahmed & Co
Chartered Accountants
83 Park Road, Chilwell, Nottingham, NG9 4DE
28 September 2026

Nottingham Health and Education Support

STATEMENT OF FINANCIAL ACTIVITIES (INCORPORATING AN INCOME AND EXPENDITURE ACCOUNT) FOR THE YEAR ENDED 31 AUGUST 2026

	Notes	Un restricted	Year ended 31.08.2026 Restricted	Total	31.08.2025 Total
INCOME AND ENDOWMENTS FROM		£	£	£	£
Donations and grants	4	3,220	114,188	117,408	88,111
Total		**3,220**	**114,188**	**117,408**	**88,111**
EXPENDITURE ON					
Charitable activities					
Project management		0	42,584	42,584	68,750
Project support and volunteers		0	48,872	48,872	12,538
Rent & room hire		150	18,000	18,150	14,530
Events & activities		0	0	0	3,551
Catering and refreshments		0	1,100	1,100	1,054
Legal, professional & DBS		0	0	0	0
Books & stationery		0	439	439	600
		150	**110,995**	**111,145**	**101,023**
Support Costs					
Depreciation		0	265	265	397
Insurance		0	453	453	436
IT expenses		0	4,785	4,785	1,767
		0	**5,503**	**5,503**	**2,600**
Governance Costs					
Accountancy		1,260	0	1,260	1,200
		1,260	**0**	**1,260**	**1,200**
Total Expenditure		**1,410**	**116,498**	**117,908**	**104,822**
Net Income/(Expenditure)		**1,810**	**(2,310)**	**(500)**	**(16,711)**
Transfers between funds			**0**	**0**	**0**
Net movement in Funds		**1,810**	**(2,310)**	**(500)**	**(16,711)**
RECONCILIATION OF FUNDS					
Total funds brought forward		**0**	**55,488**	**55,488**	**72,199**
TOTAL FUNDS CARRIED FORWARD		**1,810**	**53,178**	**54,988**	**55,488**

All of the above results are derived from continuing activities. All gains and losses recognised in the year are included above.
The notes on pages 8 to 10 form part of these accounts.

Nottingham Health and Education Support

BALANCE SHEET

	Notes	At 31.08.2026	At 31.08.2025
		£	£
FIXED ASSETS			
Tangible assets	**6**	**530**	**795**
CURRENT ASSETS			
Cash and bank balances		55,659	55,893
CREDITORS			
Amounts falling due within one year			
Accruals		(1,200)	(1,200)
NET CURRENT ASSETS		**54,459**	**55,488**
NET ASSETS		**54,988**	**55,488**
FUNDS			
Unrestricted funds		1,810	0
Restricted funds		53,178	55,488
TOTAL FUNDS		**54,988**	**55,488**

Approved by the Board of Trustees and signed on their behalf by



Azhar Raoof (Treasurer)
28 September 2026

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 AUGUST 2026

1. Accounting policies

The following policies have been applied consistently in preparing the accounts of the Charity.

Basis of preparation

The financial statements of the charity, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) '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)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Companies Act 2006. The financial statements have been prepared under the historical cost convention.

Income

All income is recognised in the Statement of Financial Activities once the charity has entitlement to the funds, it is probable that the income will be received and the amount can be measured reliably.

Expenditure

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, 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 accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

Charitable activities

These costs are incurred by the charity in the delivery of its activities and services for beneficiaries. It includes both costs that can be allocated direct to such activities and those costs of an indirect nature necessary to support them.

Governance costs

This includes those costs associated with meeting the constitutional and statutory requirements of the charity, and include the audit fees and costs linked with the strategic management of the charity.
All costs are allocated between the categories of the SoFA on a basis designed to reflect the use of the resource. Costs relating to a particular activity are allocated directly, other are apportioned on an appropriate basis.

Tangible fixed assets

Depreciation is provided at the following rates in order to write off each asset over its estimated useful life:

Plant and machinery	33.3% on cost

Fund accounting

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 AUGUST 2026

Further explanation, where appropriate, of the nature and purpose of each fund is included in the notes to the financial statements.

2. Taxation

All income is used for charitable purposes. Therefore, no provision for taxation has been made.

3. Trustee remuneration and benefits

Dr S Din was paid £1,400 (2025 - £2,150) for teaching support and reimbursement of expenses and Afzal Sadiq was paid £2,000 (2025 - £nil) for training.

4. Grants and Donations

The following grants and donations were received to further the activities of the charity.

Donor	2026 Restricted	2026 Unrestricted	2026 Total	2025 Total
	£	£	£	£
National Lottery Funding (EOMC)	0	0	0	17,125
National Lottery - Care to Make a Difference	99,188	0	99,188	53,250
BBC CIN	15,000	0	15,000	15,000
Various donors	0	3,220	3,220	2,736
	114,188	**3,220**	**117,408**	**88,111**

Expenditure against grants

Donor	Opening Balance	Received in year	Total available	Expenditure	Transfers	Balance c/fwd
Restricted	£	£	£	£	£	£
Empowering Communities	1,111	0	1,111	0	-1,111	0
Proactive Learning (CYP)	42,389	0	42,389	0	1,111	43,500
Nat Lottery - Care to Make a Diff	0	99,188	99,187	103,456	0	-4,269
National Lottery - EOMC	129	0	129	129	0	0
Police Commissioners Community Chest	3,742	0	3,742	1,863		1,879
BBC CIN	8,116	15,000	23,116	11,050	0	12,066
Total restricted	**55,488**	**114,188**	**169,675**	**116,497**	**0**	**53,177**
Unrestricted						
Others	0	3,220	3,220	1,410	0	1,810
	55,488	**117,408**	**172,895**	**117,907**	**0**	**54,988**

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 AUGUST 2026

5. Fixed Assets

	Plant & Machinery Unrestricted	Plant & Machinery Restricted	**Plant & Machinery Total**
Cost	**£**	**£**	**£**
Brought forward at 1 September	9,091	1,478	10,569
Additions in year	0	0	0
Disposals	0	0	0
Carried forward at 31 August	9,091	1,478	**10,569**
Depreciation			
Brought forward at 1 September	8,296	1,478	9,774
Charge for year	265	0	265
Disposals	0	0	0
Carried forward at 31 August	8,561	1,478	**10,039**
Net Book Value at 31 August 2026	530	0	**530**
Net Book Value at 31 August 2025	795	0	**795**