

The Happiness Cafes
Annual Report and Unaudited Financial Statements
for the year ended 31 May 2023

The Happiness Cafes

CONTENTS

	Page
References and administrative information	3
Trustees' report	4 - 5
Independent Examiner's report to the Trustees	6
Receipts and Payments account	7
Notes to the Financial Statements	8

The Happiness Cafes

REFERENCE AND ADMINISTRATION INFORMATION

Trustees Seamus Doherty (Chair)
Marie O'Brien (Secretary)
Karen Brown (Treasurer)

Chairperson Seamus Doherty

Charity Registration Number NIC108720

Principal Address c/o The Nautilus Centre
Rooney Road
Kilkeel
Co Down
BT34 4AG

Independent Examiner Connor Sweeney FCA
Chartered Accountant
12 Moygannon Road
Warrenpoint
Co Down
BT34 3QJ

Bankers Lloyd's Bank
1 Legg Street
Chelmsford
Essex
CM1 1JS

The Happiness Cafes

TRUSTEES' REPORT

for the period ended 31 May 2023.

The trustees present their Trustees' Report and the unaudited financial statements for the year ended 31 May 2023.

Objectives and Activities

Compliance with Public Benefit

The trustees have had regard to the Charity Commission's for Northern Ireland's statutory public benefit guidance to ensure that activities entered into during the year have helped to achieve the Café's aims and objectives as well as providing public benefit.

The purposes of the charity are:

To offer programmes and services that improve the quality of life for persons living with dementia as well as their family care partners and friends and any purpose for the benefit of people living with dementia in Northern Ireland. The Group promotes social inclusion for people with dementia, their families and their carers by preventing them from becoming isolated. The group provides facilities in which people with dementia, their families and carers have the opportunity to meet regularly with others in the same situation to speak openly about their problems, share their feelings and experiences and support each other. The group encourages peer support, provides practical information and signposts access to advice from health and social care professionals and others and raise awareness of dementia.

To offer a positive, non-judgemental environment. Caregivers & the Person With Dementia (PWD) socialise together and connect with/support/guide others in the same position.

- an extended close-knit network with emotional support & peer advice in or out of the sessions
- a free to attend service for 2 hours fortnightly with refreshments, fun stimulating entertainment, socialising, signposting of support services and making sure everyone is okay
- the only essential service in our rural area that provides ground level support to carers and PWD

The main activities undertaken by the Cafes are:

- Music - Provides comfort and can both soothe and stimulate people and elicit powerful emotional responses and reconnects them with memories. (singalongs, playing instruments, live singers). Our Dementia choir provides a range of inclusion and belonging.
- Reminiscence - photos, memory boxes & 'my story' boards - stimulating activities that leaves our People With Dementia and their carers in high spirits, providing freedom from concern that in turn lessens the effects of depression, anxiety and irritability. Recalling childhood memories and happier times is hugely advantageous.
- Painting, Crafting, Clay Model Making - Helps people create significance and give an insight to their thoughts in a non-verbal way. We encourage intergenerational participation as this brings out the nurturing/parental side of our attendees.
- Mindfulness - improves health & well-being – reflexology, massage, deep breathing.
- Poetry – Stimulates creativity and happiness, reminiscence – nursery rhymes, limericks.
- Chair / Gentle Exercises – Improves self-sufficiency, self-confidence and cognition, builds or maintains muscle, strength and balance, helping our PWD maintain their independence for longer. Also, it can help regulate their sleep and prevent restlessness and sleeplessness in the evening.
- Pets - help to relieve stress, depression and anxiety whilst also providing a sensory experience. Pet therapy helps lower blood pressure and heart rate, reduces the stress hormone cortisol, and boosts serotonin (happiness).

Structure, Governance and Management

Governing Document

The principal document regarding governance of the charity is the constitution. The committee members are the Charity Trustees. The Cafe is an unincorporated organisation.

Organisational Structure

The committee is responsible for the day to day running of the Cafes. The committee is made up of at least three volunteers elected each year at an annual general meeting. The committee stands down at the Annual General Meeting each year and a new committee is appointed in line with the constitution.

All committee members and trustees are volunteers. No-one receives payment for services.

Achievements and Performance

As with most community organisations, the normal activities were heavily impacted by the Covid-19 pandemic. The PWD are amongst the most vulnerable in society and at particular risk due to COVID, the Cafes have adapted how they stay in daily contact. There is a WhatsApp group, Zoom sessions either for general chatting or when a guest presenter is available e.g. singers/performers that previously attended the face-to-face sessions. This helps with familiarity. Additionally, throughout lockdown, 'Boxes of Happiness' have been distributed to all of the carers and PWD. These have been filled with items to stimulate all senses and a variety of sweet treats that help soothe challenging behaviours.

Financial Review

During the financial year the Cafes continued to raise funds via grant assistance, donations and via sponsored events.

The receipts and payments accounts set out on page 7 reflect the activities undertaken by the Cafes in 2023. The Cafes had income of £32,585.34 and expenditure of £20,654.30 resulting in a surplus of £12,021.04 The Cafes had unrestricted reserves at 31 May 2023 of £7,339.92

Volunteers incur fuel costs when carrying out activities for the charity. Within this financial period, two amounts were paid from restricted grants to meet these costs. The total amounted to £660 in this financial year.

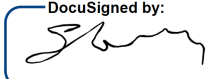
The Happiness Cafes TRUSTEES' REPORT


for the financial year ended 31 May 2023

Going Concern

The trustees are satisfied that there are adequate funds in place to ensure that the Cafe can continue its activities and that the financial statements for the year ended 31 May 2023 can be signed off as a going concern.

Approved by the Board of Trustees on 10-Jan-2024 and signed on its behalf by

DocuSigned by:

29863D23B706463...
Seamus Doherty
Chairperson

DocuSigned by:

5A15C7AFE8BB473...
Karen Brown
Treasurer

The Happiness Cafes

INDEPENDENT EXAMINER'S REPORT TO THE BOARD OF TRUSTEES OF THE HAPPINESS CAFES

I have examined the financial statements of the organisation for the financial period ended 31 May 2023 which comprise the Receipts and Payments Account, the Statement of Assets and Liabilities and related notes.

This report is made solely to the organisation's members, as a body, in accordance with the Charities Act (Northern Ireland) 2008. My work has been undertaken so that I might compile the financial statements that I have been engaged to compile, report to the Board of Trustees that I have done so and state those matters that I have agreed to state to them in this report and for no other purpose. To the fullest extent permitted by law, I do not accept or assume responsibility to anyone other than the organisation and its members, as a body, for my work, or for this report.

Respective responsibilities of trustees and examiner

The organisation's trustees are responsible for the preparation of the financial statements in accordance with the Charities Act (Northern Ireland) 2008. The organisation's trustees consider that an audit is not required for this financial year under the Charities Act (Northern Ireland) 2008 and that an independent examination is required.

It is my responsibility to:

- Examine the financial statements under section 65 of the Charities Act
- Follow the procedures laid down by the general Directions given by the Charity Commission for Northern Ireland under section 65 (9)(b) of the Charities Act; and
- State whether particular matters have come to my attention.

Basis of independent examiner's report

I have examined your charity financial statements as required under Section 65 of the Charities Act and my examination was carried out in accordance with the general Directions given by the Charity Commission for Northern Ireland under Section 65 (9)(b) of the Charities Act. An examination includes a review of the accounting records kept by the organisation and a comparison of the financial statements presented with those records. It also includes consideration of any unusual items or disclosures in the financial statements and seeking explanations from the 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.

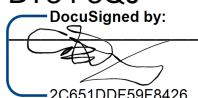
In connection with my examination, no matter has come to my attention which gives me cause to believe that in any material respect;

- 1) accounting records were not kept in accordance with Section 63 of the Charities Act
- 2) the financial statements do not accord with those accounting records
- 3) that the accounts do not comply with the accounting requirements of the Charities Act
- 4) there is further information needed for a proper understanding of the accounts to be reached.

Independent examiner's statement

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

Connor Sweeney FCA
12 Moygannon Road
Warrenpoint
BT34 3QJ

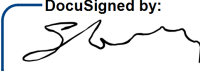
DocuSigned by:  11-Jan-2024
2C651DDF59F8426...

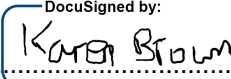
The Happiness Cafes
FINANCIAL STATEMENTS

for the period ended 31 May 2023

	Unrestricted Funds 2023 £	Restricted Funds 2023 £	Total Funds 2023 £	Total Funds 2022 £
Receipts				
Donations & Legacies				
Donations	7,230.34	-	7,230.34	2,906.45
Grant Income	-	25,355.00	25,355.00	23,889.00
Sponsorship	-	-		
Charitable Activities				
Miscellaneous Income	-	-		
TOTAL INCOME	7,230.34	25,355.00	32,585.24	26,795.45
Payments				
Charitable Activities				
Expenditure on charitable activities	4,213.90	16,341.40	20,654.30	12,679.03
Net receipts (payments) for the financial year	2,917.44	9,013.60	11,931.04	14,116.42
Balances brought forward 1 June 2021	4,422.48	13,860.82	18,283.30	4,166.88
Balances carried forward 31 May 2023	7,339.92	22,874.42	30,214.34	18,283.30
Cash funds	0.00	0.00	0.00	0.00
Bank and petty cash	7,339.92	22,874.42	30,214.34	18,283.30

Approved by the Board of Trustees and authorised for issue on 10-Jan-2024 and signed on its behalf by

DocuSigned by:

 29863D23B706463...
 Seamus Doherty
 Chair

DocuSigned by:

 5A15C7AFE8BB473...
 Karen Brown
 Treasurer

The Happiness Cafes**NOTES TO THE FINANCIAL STATEMENTS**

for the period ended 31 May 2023

1.RESTRICTED FUNDS

Restricted funds represent income which can only be used for particular purposes, so specified by the donors. Such purposes are within the overall objectives of the charity.

2.UNRESTRICTED FUNDS

Unrestricted funds represent amounts which are expendable at the direction of the board in furtherance of the objectives of the charity.

3.RELATED PARTY TRANSACTIONS

No trustee received remuneration or reimbursement of expenses during the financial year.

There were no related party transactions during the year.

4.GRANT INCOME

	Restricted £	Unrestricted £	Total 2023 £	Total 2022 £
	25,255.00	-	25,355.00	25,355.00
Total	25,355.00	-	25,355.00	25,355.00