

Annual Report

2022/23



Heath Hands works in partnership with:



ENGLISH HERITAGE



Heath Hands
The Dairy, Kenwood House, Hampstead Lane, London, NW3 7JN

Registered charity no: 1173419

Trustees

Cindy Galvin (Chair)

Merlin Fox (Deputy Chair), Rachel Chapman (Secretary), Sarah Williams (Treasurer)

Volunteer Representatives: Stuart Clark, Andrew Morgan, John Arnoldi, Liz Andrew

Co-optees: Jeremy Simons and Nicola Sinclair

Ex-officio: Emily Hills (EH), Stefania Horne (CoLC), Jeff Waage (Heath and Hampstead Society)

Projects and Volunteer Manager: Colin Houston

Project Coordinator: Karin Oleinikova

Bankers: Lloyds Bank, Virgin Money, United Trust Bank

Independent Examiner: Simon Erskine FCA FCIE DChA

Heath Hands is a charitable incorporated organisation (CIO), governed by its Trustees, all of whom are appointed by members in General Meetings. The Trustees herewith submit their Annual Report and independently examined financial report for the year ended 31st March 2023. The Trustees employ staff to administer the charity. Membership is open to those who register to contribute to our charitable activities.

The trustees have given consideration to the major risks to which the charity is exposed and satisfied themselves that appropriate procedures are in place to manage those risks.

Objects of Heath Hands

To help, engaging volunteers, to conserve, protect and enhance Hampstead Heath, the Kenwood Estate, Highgate Wood, Keats House and such other areas as the charity trustees may determine from time to time (the “Relevant Open Spaces”);

To advance education in conserving, protecting and enhancing the environment of the Relevant Open Spaces for the benefit of the members of the CIO and for the benefit of the public at large, and

To help the bodies responsible for the Relevant Open Spaces to provide facilities in the interests of social welfare for recreation and leisure time occupation by the members of the CIO and the public at large with the object of improving their conditions of life.

Structure, governance and management

At each AGM of the CIO, the members may elect from amongst themselves charity trustees that hold office from the conclusion of that meeting. The trustees may also co-opt up to three trustees.

The Chairman of the Hampstead Heath Management Committee and the Superintendent of Hampstead Heath are trustees, while English Heritage, The Vale of Health Society, and the Heath and Hampstead Society may appoint a trustee.

Main activities in relation to those purposes for the public benefit

Heath Hands delivers a range of programmes across our open spaces including significant conservation and estate maintenance, ecological monitoring, wildlife interpretation and community outreach activities. We work with our partners to get people involved on our green spaces and we deliver over 600 volunteer sessions and community engagement sessions each year.

Alongside our adult programmes, our youth volunteering activities and Heath Friendly Schools scheme, encourages young people to get involved in nature conservation. These complement our community outreach work, which supports underrepresented people and those with disabilities to take part in volunteering and beneficial projects. As detailed in our long term strategy our four strategic aims are related to conservation, community, learning and wellbeing.

Heath Hands trustees have had regard to the guidance that has been issued by the Charity Commission on public benefit.

Main achievements of the charity

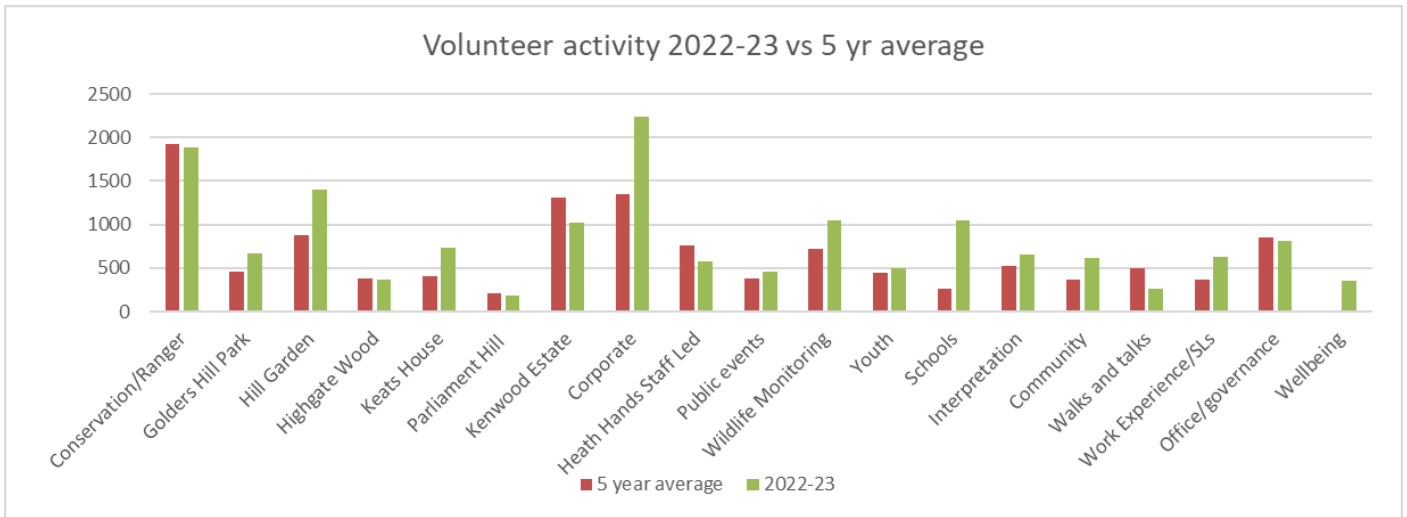
We are a conservation and community organisation with a dedicated staff team and membership of over 250 people. Since Heath Hands was founded in 1999 our volunteers have contributed over 150,000 hours to the conservation and maintenance of our green spaces: Hampstead Heath, Kenwood Estate, Keats House and Highgate Wood. We deliver up to 20 volunteer and community sessions per week and support many thousands of people taking part as volunteers. These are people of all ages and backgrounds, and we help improve the health and wellbeing of all. Our volunteers contribute over 15,000 hours per year to our green spaces.

Highlights for 2022-23

- The **launch of our Heath Hands 2030 strategy**, with four key strategic aims: conservation, community, learning and wellbeing.
- **The opening of our new Dairy Nature Interpretation Centre**, providing a resource to help connect visitors and groups to the natural environment
- **15,479 hours contributed by volunteers**, equating to 8.5 full time staff posts
- More than **600 volunteer sessions delivered** with our partners
- **Staff team** grows to 8, with 4 work experience placements funded
- **375 sessions and activities across our green spaces** delivered by the Heath Hands staff team
- Over **6,500 participants** across all our public activity programmes
- More than **1,100 school children** participated in activities and growing **youth programmes**
- Over **2,000 public engagements** at WaHH interpretation sessions; celebrating **10 years of this project**
- Many **events**, including the Community Fun day, Afghan Kite Festival and Conkers Championships with over 3000 people taking part throughout the year
- New **wellbeing activities**, including health walks programme and youth wellbeing project (**InYouth**)
- New **Nature's Calendar monitoring** programme launched with London Natural History Society, complementing our ongoing wildlife monitoring programmes.
- The development of **new volunteering opportunities**: office volunteers, session leaders, walk leaders



2022-23 Heath Hands activity report - 15,479 volunteering hours vs. 12,117 (5-year average)



Strategic Aim 1: Conservation:

Highgate Wood

Weekly sessions running all year except during bird-nesting season. 368 hours contributed.

"[HH volunteers] are always a joy to work with, and we are able to get a lot accomplished, as a team, with an average of 8 of us, in a short and dedicated time."



Ranger and Conservation teams

Conservation team run regular Wednesday and Saturday sessions across the Heath: 1880 hours contributed over 108 sessions.

"We have had some very productive sessions this year including ongoing maintenance at Athlone gardens, heavy cuts around the Heath Extension paths and installing new steps and water diverters. Many thanks to the volunteers"



"Great sessions with the volunteers at a range of sites getting a lot done—thanks to all of them!"



Golders Hill Park

Regular weekly sessions—670 hours contributed to the Park over 46 sessions. New work activity with zoo staff and the education garden with 8 sessions completed this

year *"A big thanks to all the Heath Handers!"*

Hill Garden and Keats

Up to three sessions per week, in another busy year at the Hill. 1,407 hours contributed over 92 sessions and dedicated Keats team of volunteers contribute 732 hours at 46 sessions

"[HH volunteers] are an absolute asset and an essential part of the progression and maintenance of the Hill garden & pergola and Keats House. I couldn't manage or maintain these spaces without their commitment and dedication"



Kenwood Estate

Twice-weekly sessions at locations across Kenwood—1,032 hours contributed this year across 79 sessions.

"A loud shout out with thanks to Heath Hands volunteers! They achieve a lot and over the year have contributed to a huge push forward with conservation initiatives in the West Meadow. They also help maintain the sphagnum bog area (SSSI) that takes a lot of man hours to maintain as an open sphagnum bog and with tasks like clearing paths."



Heath Hands supervised activities complement the programmes run with our partners

Heath Hands ran over 375 sessions this year (averaging over one a day!), in addition to monitoring.

Total contribution of 769 volunteer hours on practical conservation sessions this year to date (in addition to youth, schools and corporate sessions).

Conservation and gardens

Heath Hands staff supervised **10 sessions** tasked by the Conservation Team, undertaking heathland, woodland and invasive species control at locations across the Heath



Volunteers undertake **12 sessions around Parliament Hill** assisting with path maintenance, litter picking, hedgerow and meadow management and more. In addition, youth volunteering sessions in this area.

Popular sessions at **Whitestone Garden** and increased maintenance with several events and schools now using the **Old Orchard Garden** on a regular basis. Several maintenance sessions in the **Secret Garden and Education (Lido) Gardens** - total of 36 sessions in gardens.



Savernake Road bridge and Hive area

Work continues on developing the **Savernake Road Bridge and Hive area** as a green corridor, with wildflower areas, 65m of new native hedgerows, perennials, heathland zones and signage and interpretation boards.

A wide range of participants from the local community, adult and youth volunteers and corporates involved.



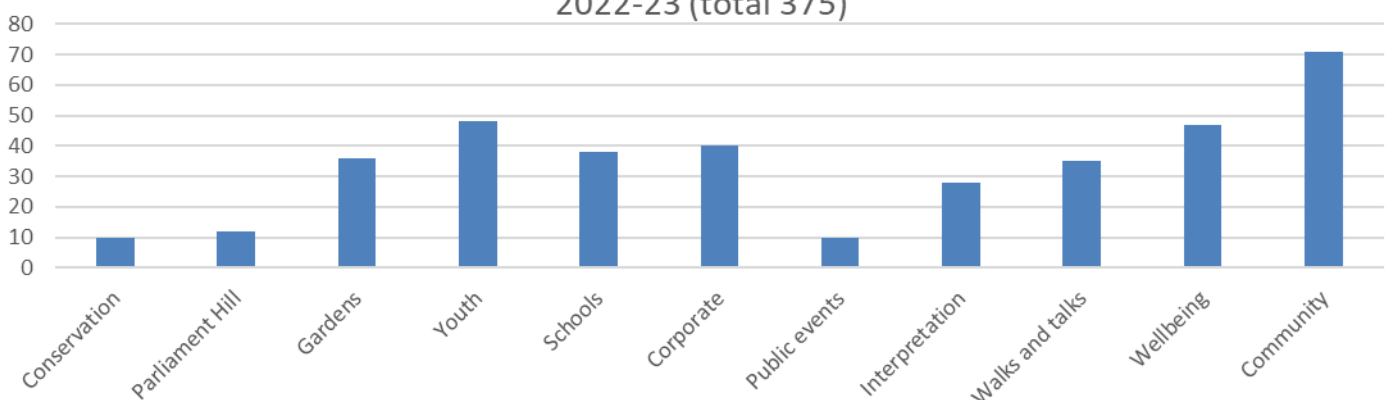
Corporate Volunteering

44 companies undertook volunteering days in 2022-23, with over 800 participants and over 2,000 hours of volunteering and excellent marketing and news stories

A range of tasks completed including scrub, hedgerow and meadow management, fence line maintenance, litter picking, invasive species control, reptile and hedgehog conservation, path clearance and leaf clearance



Activities delivered by Heath Hands
2022-23 (total 375)



Youth Programmes

Regular **youth volunteering sessions** running successfully from the Hive contributing nearly 500 hours. Increased links with local schools for volunteering, learning and fundraising (see 'Learning').

Completion of very **successful 'InYouth'** pilot project working with young people who struggle with school attendance; very positive feedback and further funding sought.



Wildlife monitoring

Record levels of wildlife monitoring this year, collaborating with CoL Ecologist, LNHS and others; 4th reptile transect and 2nd butterfly transect added to our programmes, extending monitoring to Kenwood Estate. 1,042 hours contributed across all these programmes in 2022-23.

Collaboration on hedgehog InSINC project with partners at ZSL and Heath and Hampstead Society and launch of **new Nature Calendar plant-monitoring project** in collaboration with London Natural History Society.

Interpretation (WaHH)

Over **2,100 public engagements at 28 sessions**. Running multiple sessions each month, plus participation in community events on and off the Heath.

20 new Wildlife Interpreters recruited to join the team

Celebration of **10th anniversary of WAHH project**.

New nature interpretation centre at the Dairy opened!!!



Strategic Aim 2: Community

Over 70 dedicated **community outreach** activities with local organisations since April, with over 1,000 participants

Community newsletter reaching over 160 organisations locally and across London

Ongoing partnerships with Umoja Health forum, Queens Crescent Community Association (QCCA) for wellbeing and family sessions on the Heath with groups from BAME communities. Continued **joint working** with wide range of organisations, including Kentish Town City Farm, Barnet Mencap and Unity Works for disability inclusion and Camden Carers for older people support.

Links with **new organisations** in the last year: Young Barnet Carers and Elfrida Rathbone

Community Fun Day delivered in June, with over 500 participants. Music from local youth school, carnival, nature activities, wood crafts and much more.

Fly with Me Afghan kite event held in August, including kite workshops, kite flying, music, poetry and dancing at the bandstand. Over 600 participants.

Conker championships held in October 2022 with over 700 competitors!



Strategic Aim 3: Wellbeing

12 Mindfulness and mental health wellbeing sessions delivered over 150 participants

Social Prescribing: active participation in Heath's Sports and Wellbeing forum and links with local social prescribing teams at Voluntary Action Camden, Age UK and local GP practices to explore opportunities and referrals

21 individuals with additional needs supported into beneficial activities across the green spaces

Funding and links: London Catalyst with African/Umoja Health Forum and Cheshire Foundation for mental health, Barnet Mencap and Camden Mental Health services.

Funding obtained from TfL to **develop walking programmes**. Agreement with Camden Council's Active Living Team to take responsibility for **Heath's Health Walks programme** from January 2023; new weekly walks launching in March 2023; 30 participants a week on average and new team of **volunteer walk leaders**



Strategic Aim 4: Learning

Walks and talks

35 walks and talks on subjects ranging from introductions to wildlife, bug ID, wildflowers, bats and trees. 5 walks to discover the Fleet Stream and walks for Barnet residents.

Included 6 summer **family sessions** on subjects such as trees, bug hunting and wild flowers. More family holiday sessions planned over the upcoming winter holidays.



Work Experience

4 work experience trainees worked with us this year, with varying roles, from gardening to office and communications assistants.

6 volunteer session leaders gained experience leading community, youth and school sessions with us.

Heath Friendly Schools

38 school sessions and outings delivered, involving **over 1,100 children** and over 1,000 volunteer hours. Successful fundraising initiatives and dozens school assembly visits.

18 schools signed up including: Brookfield, Heathside, South Hampstead High School, Highgate School, the Village School, St Margarets, CFBL, Gospel Oak, St Dominics, Fleet, Hampstead Hill, Swiss Cottage, UCS and Abacus.

Supporting two special educational needs (**SEND**) projects to use Old Orchard Garden on a regular basis and ongoing delivery of **InYouth** wellbeing project.



2022-23 Financial review

Total cash funds at the end of the period were approximately £92,056, with £82,912 held in deposit accounts.

The charity's principal sources of income are donations, retail sales, grant funding, corporate volunteering plus the benefits in kind set out in the Notes to the Accounts. Total receipts for the period were £121,817.

Total payments for the period were £122,787 and included payroll, session leaders, catering, events, office expenses, volunteer uniform and equipment, insurance and training.

Statement on reserves

The trustees of Heath Hands employ a prudent approach in terms of financial management, retaining a fairly large reserve against risk, but spending a proportion of the reserves on beneficial projects that enhance our green spaces in line with our charitable objectives and Strategic Plan. The reserves were generated from a variety of sources including a major legacy left by our founder Bobby de Joia.

Heath Hands will retain reserves to cover 12 months of core operational costs for the charity, this has increased to around £60,000 due to the increased growth of the charity. Financial unrestricted reserves on 31st March 2023 were £85,126.

Signed on behalf of the Trustees



Merlin Fox, Deputy Chair

26th June 2023

Date

Heath Hands Annual Accounts

For the year ended 31 March 2023

Account	2022/23 to 31 March Restricted	2022/23 to 31 March Unrestricted	2022/23 to 31 March TOTAL	2021/22 TOTAL
Receipts				
Interest Income	-	883	883	414
Retail	-	4,707	4,707	2,805
Donations	-	14,580	14,580	6,362
Friends	-	2,441	2,441	2,776
Heath Friendly Schools	-	6,407	6,407	2,192
Events and Venue Hire	-	3,785	3,785	2,015
Wildlife adoptions	-	1,431	1,431	1,457
Gift Aid	-	1,902	1,902	1,097
Corporate Volunteering	-	29,761	29,761	16,135
Coronavirus Job Retention Scheme	-	-	-	3,462
Grants	55,920	-	55,920	80,493
Total Receipts	55,920	65,897	121,817	119,208
Payments				
Catering and Events	3,264	1,201	4,464	1,976
Transportation	4,373	2,109	6,483	7,950
Insurance	-	1,290	1,290	1,162
Office Expenses	7,231	8,751	15,983	12,304
Marketing	-	-	-	1,199
Tools and Equipment	5,991	2,867	8,858	10,254
Training	4,957	826	5,783	5,428
Volunteer Expenses	380	120	500	179
PPE/ Uniform	1,866	1,721	3,587	3,196
Buildings and Rates	130	4,326	4,456	-
Pensions Costs	-	1,370	1,370	1,935
Salary Costs	58,976	11,036	70,012	57,033
Total Payments	87,169	35,618	122,787	102,616
Surplus (deficit)	(31,249)	30,279	(970)	16,592
Transfers	5,270	(5,270)	-	-
Surplus (deficit) after transfers	(25,979)	25,010	(970)	16,592
Cash funds last year end	32,910	60,116	93,026	76,434
Cash funds this year end	6,931	85,126	92,056	93,026

Heath Hands Statement of assets and liabilities as at 31/03/2023

Bank balances

	2023	2022
Lloyds Cash	£12,330	£10,996
United Trust Savings	£80,152	£79,271
Virgin Money Savings	£2,760	£2,758
Credit card payable	(3186)	-
TOTAL	<u>£92,056</u>	<u>£93,025</u>

Other assets

Equipment and PPE	£10,325
ATV vehicle	£16,400
TOTAL	<u>£26,725</u>

Liabilities

PAYE due for Mar 2023	£753
Account examination fee	£900
Rent on Dairy for April 2023-March 2025	£7,200
TOTAL	<u>£8,853</u>

Notes to accounts:

1. The full-time Projects and Volunteer Manager is seconded from the City of London Corporation which meets all their costs.
2. The charity occupies space rent free at the Hive building at Parliament Hill. This agreement with the premises owner, the City of London Corporation, supports Heath Hands' contribution across the green spaces
3. On 24 August 2022, Heath Hands signed a new lease on the Kenwood, extending the occupied space in the building. This lease runs until 31 March 2025.
4. Grants received in 2022-23: The Government's Green Recovery Challenge Fund (£35,520 of £88,800), Natural England Seedcorn (7,000), TfL Walking and Cycling Grants London (£5,000), Camden Giving (£4,400) John Lyon's Charity (£2,000), Tesco Bags of Help (£2,000), Camden Festival Grant (£500)
5. In the 2021-22 accounts, our staffing costs were separated into net staff costs and PAYE and NI. In this year's accounts, these have been merged.
6. Transfers represent the short-fall in funding of completed projects which has been met from Unrestricted funds.
7. Donations include The Hollick Family Trust (£5,000), Waitrose (£2,083), Tony Braca and family (£1,000), Friends of Kenwood (£500), Kenwood Walking Group (£410).



Sarah Williams, Treasurer

Independent examiner's report on the accounts

Report to the trustees of Heath Hands, registered charity no. 1173419, on the accounts for the year ended 31/03/2023 set out on the preceding two pages.

Responsibilities and basis of report

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended.

As the charity trustees of the Trust, 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 Trust's accounts carried out under section 145 of the 2011 Act and in carrying out my examination, I have followed 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 which gives me cause to believe that in, any material respect:

- accounting records were not kept in accordance with section 130 of the Act or
- the accounts do not accord with the accounting records

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

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Signed:



Date: 19 May 2023

Simon Erskine FCA FCIE DChA
61 Mortimer Road
London
NW10 5QR

Heath Hands

The Dairy

Kenwood House, Hampstead Lane

London

NW3 7JN

Registered charity no: 1173419