

Happilife CIC Annual Report – May 2025 - June 2026



A Heartfelt Thank You from the team at Happilife CIC

As we reflect on the past year, we want to extend our deepest gratitude to our incredible supporters

To our dedicated

- ♥ Volunteers - who dedicated 105 hours
- ♥ Friends and family who have continue to support us
- ♥ SA Nutrition for partnering with us to deliver inspiring Soup & Social Sessions
- ♥ The National Lottery for having the confidence to fund our Soup & Social Events.
- ♥ Havering Assocation for allowing us access to their beautiful venue

Your support has empowered us to grow, serve, and make a tangible impact in our community.

Happilife CIC Annual Report

1. Overview

Happilife CIC continued to deliver impactful community wellbeing projects across Havering, supporting 406 people with *Soup & Social* as its flagship programme. The initiative offered healthy eating workshops, Lunch & Learn sessions, and community engagement events supporting adults with learning disabilities, older adults, carers, and residents in supported living.

This year saw the introduction of practical tools such as blenders to encourage healthier habits at home and the involvement of work-experience learners, strengthening community participation.



2. Programme Highlights – Soup & Social Funded by The National Lottery Community Fund

Delivered sessions across housing associations, mental-health charities, older-adult groups, and community hubs.

Reached 350+ participants directly, with additional engagement at public events.

Hosted themed sessions including Healthy Lifestyles, Halloween Soup & Roll, and Lunch & Learn for adults with learning disabilities.

Distributed blenders to promote healthy eating at home.

Partnered with local organisations and volunteers to expand reach and inclusivity.

Participant feedback highlighted improved confidence in preparing healthy meals, better understanding of nutrition, and reduced isolation through shared food activities.



"Talking about better food choices helps me to focus on my eating plan more efficiently, particularly after my cancer treatment."
— Jane, aged 86

Housing Association Feedback

A massive thank you for attending our resident engagement meeting and providing our residents with a nutritious and healthy soup and roll. All attendees thoroughly enjoyed the soup, including the police and myself.

3. Outcomes and Impact

- Increased awareness of healthy eating and simple food swaps.
- Strengthened partnerships with housing associations, charities, and community hubs.
- Enhanced independent-living skills and reduced social isolation.
- Positive behavioural changes reported, including healthier shopping choices.
- 350 people provided with healthy meal in a welcoming space
- Events at 24 Community Venues

Awareness of healthier food choices and talking about that at the workshop helps me select items when shopping which are better for our own health and wellbeing."

Anna, aged 58



Team Update

A heartfelt thank you to Sarah we want to say a big thank you to Sarah, who will be leaving Happilife CIC in June. We are extremely grateful for her support from the very beginning her dedication, kindness, and commitment have helped shaped into what it is today. She will always be part of our story, and we wish her every success in her next chapter.

A warm welcome to Ricky We are excited to announce that Ricky will be joining Happilife in June 2026 as a new director. Ricky brings brilliant experience in community-driven projects, co-production, and service development. He has helped design and deliver services that genuinely make a difference, and he brings energy, warmth, and a people-first approach to everything he does. Also an all-round amazing person we're thrilled to have him as part of the Happilife team.



Next Steps

- **Listen** to the community to identify and fill service gaps.
- **Grow** our supporter base and strengthen networks.
- **Sustain** Happilife CIC through community-led design and secure long-term funding.
- **Build** partnerships with local voluntary, community, and statutory organisations.
- **Collaborate** on joint bids and expand Soup & Social and related wellbeing services.

Thank you for being part of this journey

All the best

Clare & Sarah

Founders & Directors
Happilife CIC

Happilife CIC - Financial Report

1. Directors' Report

The directors present their report and financial statements for the year ended 31 May 2026.

Happilife CIC continued to deliver community wellbeing projects, including *Soup & Social* and *Lunch & Learns*, alongside its core administrative and governance activities. The organisation maintained its commitment to social impact through inclusive events, volunteer engagement, and partnerships with local suppliers.

The directors confirm that the company has applied its profits and assets solely for the benefit of the community in accordance with its CIC Regulator objectives.

2. Financial Summary

Item	Amount (£)
Total income	6 793.24
Total expenditure	6 713.14
Net surplus for the year	80.10

This surplus represents the figure used for corporation-tax assessment and the closing balance carried forward.

3. Income Overview

Opening balance: £46.70 brought forward from 2024/25 underspend (01/06/2025).

Project funding and donations:

- National Lottery funding for Soup & Social (£6 590).
- Easyfundraising donations (£35.52 on 13/08/2025, £22.54 on 13/11/2025, £57.47 on 13/05/2026).
- Lottery income £3.00 (08/05/2026).

Other income:

- Interest £15.31 from Moneybox (10/01/2026).
- Corporation tax refund £19.00 from HMRC (18/09/2025).

All items above are taxable income unless specific grants are treated as exempt by your accountant.

The company had no fixed assets, loans, or outstanding liabilities at year-end.

6. Directors' Responsibilities Statement

The directors are responsible for preparing the financial statements in accordance with the Companies Act 2006 and applicable accounting standards. They confirm that:

- The financial statements give a true and fair view of the company's affairs.
- The company has maintained adequate accounting records.
- The company qualifies for exemption from audit under section 477 of the Companies Act 2006.

7. Approval of Accounts

These accounts were approved by the board of directors on 24th July 2026 and signed on its behalf by:

Director:Clare Kelly **Position:** Director

Director:Sarah Robinson **Position:** Director