

SOCIAL ACTION FOR HEALTH

England & Wales · Charity number 1040496

Details

Other names SAFH

Status Registered

Legal form Charitable company

Company number [02954744](#)

Registered 1994-08-31

Register [View on the Charity Commission register](#)

Contact

Address The Brady Centre
192-196 Hanbury Street
London
E1 5HU

Phone 07944966141

Email info@safh.org.uk

Website www.safh.org.uk

Activities

Objects: I) TO PRESERVE AND PROTECT THE GOOD HEALTH OF THE PUBLIC WITHIN LONDON AND ELSEWHERE WITHIN ENGLAND;(II) THE RELIEF OF UNEMPLOYMENT FOR THE BENEFIT OF THE PUBLIC IN SUCH WAYS AS ARE THOUGHT FIT, INCLUDING ASSISTANCE TO FIND EMPLOYMENT; AND(C) TO DEVELOP THE CAPACITY AND SKILLS OF MEMBERS OF SOCIALLY AND ECONOMICALLY DISADVANTAGED COMMUNITIES TO ENABLE THEM BETTER TO IDENTIFY AND MEET THEIR NEEDS IN ORDER FOR THEM TO PARTICIPATE MORE FULLY IN SOCIETY.

Activities: Social Action for Health is a community-based health charity providing services and support to people most affected by health inequalities. It operates in and around east London, UK.

Classification

- **How:** Provides Services, Provides Advocacy/advice/information, Sponsors Or Undertakes Research, Other Charitable Activities
- **What:** General Charitable Purposes, The Advancement Of Health Or Saving Of Lives, Economic/community Development/employment, Human Rights/religious Or Racial Harmony/equality Or Diversity
- **Who:** Children/young People, Elderly/old People, People With Disabilities, People Of A Particular Ethnic Or Racial Origin, Other Charities Or Voluntary Bodies, Other Defined Groups, The General Public/mankind

Geography

- **Area of benefit:** LONDON AND ELSEWHERE WITHIN ENGLAND
- Barking And Dagenham
- City Of London
- Hackney
- Newham
- Redbridge
- Tower Hamlets
- Waltham Forest

Finances

Period end	Income	Expenditure	Assets	Employees
2025-03-31	£360,784	£366,432	-	-
2024-03-31	£336,938	£573,805	-	-
2023-03-31	£684,273	£642,801	£512,063	28
2022-03-31	£852,273	£643,341	£470,591	15
2021-03-31	£959,956	£843,251	£261,659	16

Trustees

Name	Role	Appointed
KARIN PAPPENHEIM	Chair	2021-12-01
Abbas Mirza		2024-09-17
Alex Murtough		2021-12-01
Alexa Carranza Gallardo		2025-09-16
Elaine Londesborough-van Rooyen		2024-09-17
Emma Alexis Backhouse		2020-08-08
Hannah Emmett		2024-09-17
Joseph Coules		2024-09-17
Mandip Lally-Francis		2025-09-15
Sayad Ali		2025-09-16
Somaya Abdi		2025-09-16
Tatyana Karpinskaya		2023-04-18

SOCIAL ACTION FOR HEALTH

England & Wales - Charity number 1040496

Accounts

Company number: 2954744

Charity Number: 1040496

Social Action for Health

Report and financial statements
For the year ended 31 March 2025

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Company number	2954744
Country of incorporation	United Kingdom
Charity number	1040496
Country of registration	England & Wales
Registered office	Brady Arts Centre, 192-196 Hanbury Street, London, E1 5HU

Trustees

Trustees, who are also directors under company law, who served during the year and up to the date of this report were as follows:

Sayed Ahsan Ali	Appointed 16 September 2025
Emma Backhouse	
Lewis Batkin	Resigned 31 March 2025
Alexa Carranza Gallardo	Appointed 16 September 2025
Joseph Coules	
Hannah Emmett	
Tatyana Karpinskaya	Treasurer
Mandip Lally-Francis	Appointed 16 September 2025
Elaine Londesborough-van Rooyen	
Abbas Mirza	
Alex Murtough	Deputy Chair
Karin Pappenheim	Chair
Somaya Sadach Abdi	Appointed 16 September 2025
Pooja Shah	Resigned 29 April 2025

Key management personnel

Chief Executive	Ceri Durham
Accountants	NfP Accountancy Limited. Appointed 1 October 2021
Bankers	NatWest plc., 403 Bethnal Green Road, London, E2 OAF CAF Bank Limited, 25 Kings Hill Avenue, Kings Hill, West Malling, Kent, ME19 4JQ
HR and legal	Mentor, 100 West George Street, Glasgow, G2 1PP
Independent Examiner	Shruti Soni, T/A Charity Accountant, Shruti Soni Ltd, 117a St Johns Hill, Sevenoaks, TN13 3PL

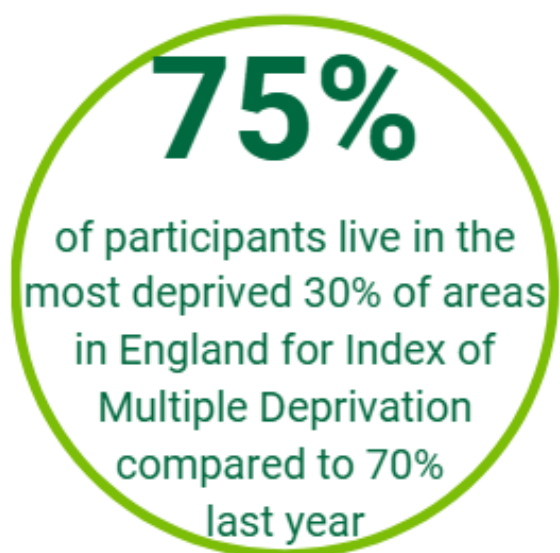
Reference and administrative information set out on page 3 forms part of this report.

Introduction: Trustees' Annual Report 2025

It is with great pleasure that the Trustees, who are also directors of the Company for the purpose of the Companies Act 2006, present their annual report and the financial statements for the year ended 31 March 2025. This is also a Directors' Report as required by Companies Act 2006.

The financial statements have been prepared in accordance with the accounting policies set out in note 1 of the accounts. They comply with the charity's governing document, the Charities Act 2011, and the Accounting and Reporting by Charities: Statement of Recommended Practice ("SORP"), applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland.

Social Action for Health is at the forefront of community-led efforts to address the impact of health inequalities in Tower Hamlets, empowering local people, to improve their health and wellbeing. Our work includes culturally tailored health and wellbeing programmes, mental health support, peer-led activities and long-term condition management, delivered through outreach, group support, one-to-one and drop-in services. We also connect the community with policy makers and researchers to ensure people with lived experience have a voice, and are able to influence, meaningful change in strategic decision-making.



Next year Social Action for Health will celebrate its 40th anniversary. Looking to the future, Trustees have undertaken a strategic review this year, and made the decision to focus our work in Tower Hamlets, continuing to deepen and consolidate our strengths in this community where the charity was founded. We have reviewed our programmes and services to focus on those that deliver most for disadvantaged communities, drawing on learning from our service users, from impact data and service delivery experience. There is ever more evidence of need for our work. Our strategy is to continue our mission to support those most affected by health inequalities in our local area: minoritised communities, mainly of Bangladeshi and African heritage, who face some of UK's highest levels of poverty and poor health.

This year we have also strengthened our organisation for the future. We have recruited new Trustees to ensure that the Board reflects the diversity of the communities we serve. Through a major organisational restructure, we have reduced our core costs and - with implementation of a dynamic new fundraising strategy - the charity is now in a stronger position for longer term financial stability and sustainability, as this year's accounts show.

Thanks to our dedicated core team of staff, and our exceptional sessional workers and volunteers, we have reached about 3,000 service users this year. Our strong impact measurement framework provides clear evidence of the difference our services are making: over 90% of participants consistently report better health and wellbeing, with at least 75% noting stronger support networks and increased confidence to make decisions, advocate and prioritise their health and wellbeing. This

report describes those projects and services, highlighting the power of SAFH’s community development approach, and the stories of service users.

As ever, the Trustees wish to record our thanks for all those who have supported the charity this year: our funders, staff and volunteers. The achievements set out in this report would not have been possible without that support. We look forward to engaging with all our supporters and stakeholders as we celebrate our 40th anniversary next year.

Karin Pappenheim, Chair of Board of Trustees

SOCIAL ACTION FOR HEALTH

CHARITABLE OBJECTIVES

As set out in our Governing documents, our Charitable Objectives are:

1. **To preserve and protect the good health** of the public within London and elsewhere within England;
2. **The relief of unemployment** for the benefit of the public in such ways as are thought fit, including assistance to find employment; and
3. **To develop the capacity and skills** of members of socially and economically disadvantaged communities **to enable them better to identify and meet their needs** in order to participate more fully in society.

VISION AND MISSION

A world where unfair and avoidable health inequalities no longer exist.

Our mission is to support and address the priorities of those most affected by health inequalities, and to champion the case for wider structural and societal change.

THEORY OF CHANGE

Poverty, discrimination, prejudice and inaccessible systems across society are leading to an unequal distribution of good health.

The more control people have over their lives, the better their health and wellbeing.

We provide services and support within communities most affected by health inequalities to:

Increase people’s ability to **identify personal priorities** and goals

Increase people’s **confidence to make decisions** about their health and wellbeing

Increase people’s ability to **act on their decisions**

The increased capacity and better health of individuals leads to a reduction in avoidable health inequalities for them and their communities.

Governance

Strategic Aims - Review of 2024-25 and looking forward to 2025-26

Following the organisational restructure last year, we have continued to deliver our strategy in our three main areas:

1. Long-term health conditions,
2. Pregnancy, birth and early-parenthood, and
3. Community Research.

Our **core approach** has not changed: **empowering, not imposing**. We do not tell people what to do. The focus remains providing information and support to people most affected by health inequalities so they can identify their own priorities for themselves and their families, gain confidence and be equipped to make decisions relating to those priorities, and then act on their decisions.

Priorities	Progress
<p>To improve the health and wellbeing of those most affected by health inequities in Tower Hamlets through deeper and longer lasting relationships.</p>	<p>This continues to be successful. Our renewed focus on deepening relationships within Tower Hamlets and delivering a core portfolio of consistent, weekly community services alongside other programmes has paid dividends: people know where our services are and how to access them. We have grown a new team of volunteers who support our activities in their local area. Our programmes continue to be run by people with lived experience from the communities they serve.</p> <p>Financial and digital engagement has continued to be a key delivery and learning area this year thanks to the Santander Foundation and the learning from our Sure STEPS programme. We have taken the learning from this and are applying for funding so we can integrate this model as part of ‘business as usual’ in all our hubs. Hopefully we will be able to update next year on the progress made in this area.</p>
<p>To diversify the groups and communities we work with, and to fully reflect the demographics of Tower Hamlets in our beneficiaries, staff team and Board.</p>	<p>This has been partially successful. We have successfully improved diversity in our Board, with all new board members having strong links to Tower Hamlets and being from diverse ethnic backgrounds. Our delivery teams are from the communities we serve, but there is more work to do to increase diversity of our team to reach wider demographics in our community.</p>

<p>To bring financial stability and responsiveness to the organisation.</p>	<p>This has been successful. We have stabilised the organisation after the restructure last year, and are better placed to respond flexibly to funding availability and project requirements. From a large deficit last year, to a very small deficit this year, the organisation is on track to return to surplus in the next financial year and then will be able to explore other delivery and funding opportunities, rooted in community priorities.</p>
<p>To be better able to demonstrate our impact and talk about our work.</p>	<p>This has been partially successful, but there is always more to do. We have many qualitative and quantitative measures in place that provide clear evidence of impact. The Impact and Strategy Committee is exploring ways of being able to build on this progress.</p>
<p>To ensure all staff and volunteers are accessing opportunities for formal and informal training and learning.</p>	<p>This has been successful, especially for our frontline delivery team and volunteers. We have ensured a regular suite of trainings ensuring responsiveness to team priorities and compliance with legal obligations and good practice.</p>
<p>Continue to diversify income streams and increase funding from trusts and foundations.</p>	<p>This remains a priority. We engaged a senior fundraiser with expertise in this area to help submit a higher volume of applications to trusts and foundation funders. We are gaining traction and will continue to prioritise this strand of funding alongside our contracted work.</p>
<p>Working towards unrestricted reserves position of £250,000.</p>	<p>The organisation will continue to hold minimal reserves of 3 months running and close down costs in line with a wider aim of organisational growth and holding six months unrestricted funds (£250,000) as a general position.</p>

Key areas of work over the past year

Long-term Health Conditions:

Over the past year we have delivered our long-term health conditions support through two key programmes (Good Moves and Good Friends), by undertaking research work in this area and by acting as strategic advisors on a number of local partnership boards so we can bring the experience of our participants to shape strategic and related decisions.

Good Moves

We were delighted to be re-commissioned by the North East London NHS Integrated Care Board (ICB) for the next three years to run our successful peer-led Good Moves programme. Building on the learnings of the last 25 years, we supported 429 people living with Chronic Kidney Disease, High Blood pressure, diabetes and / or heart disease to better manage their conditions and improve their wellbeing as a result.

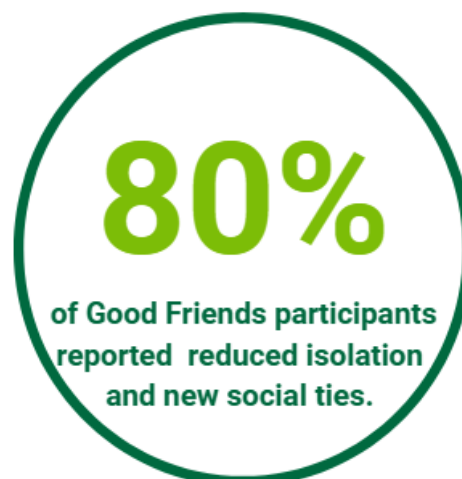
All tutors are from the communities we serve and have their own experience of living with long-term health conditions, ensuring our courses are truly peer-led. More than 90% of participants described their wellbeing as low at the start of their Good Moves course. This had reduced significantly to almost 28% by the end of the eight weeks. At the end of the course, we signpost and support people to access other services, such as Good Friends, to build on their learnings and continue improving their health.



Above: The diagram above shows the poor health of most participants who join our Good Moves programme, and also the benefit to their wellbeing after eight weeks of attendance. Wellbeing is assessed using the validated Short Warwick-Edinburgh scale.

Good Friends

Co-designed and delivered by people with lived experience, Good Friends offers women-only walking groups (including two with ESOL), circus skills group, bilingual (Bengali / Sylheti) peer support groups (in-person and online) that offer space for friendship, gentle exercise, health education and guest speakers. Good Friends serves as a follow-on to our NHS funded programme, and a welcoming entry point for those not yet connected. Its peer-led model is central - drawing on local knowledge and lived experience. This year we successfully bought new initiatives for our men's wellbeing project under the Good Friends umbrella, to be managed as part of our core offer of programmes.



Left: a member of our Isle of Dogs Circus Skills group showcases her new skills at the end of term performance.

During the year, we said goodbye to our Hackney **Elevate and Relate** project. As part of the strategic decision to re-focus on relationships in Tower Hamlets, it was felt the time was right to wind up the group. We spent significant time ensuring the participants who had been attending could access other support and groups. Thank you to the team who worked so hard on this project. It made such a difference to the lives of attendees by providing companionship, a culturally sensitive safe-space and mental health support.



Above: Elevate and Relate participants

Left: ESOL participants hard at work

Below: Seated ball game at our Wellbeing Wednesday men's exercise session



Pregnancy, Birth and Early Parenthood including Financial and Digital Wellbeing

397
participants in our Sure
STEPS programme in
2024-25



Sure STEPS

Support Through Early Parenting Scheme

Our pregnancy, birth and early parenthood work is centred around our Sure STEPS programme. This programme provides support to mothers of children under five, recognizing the preventable health inequalities which exist around pregnancy, birth, and in the 1001 first ‘critical days’ from conception to age two. We know that the more we can support parents during this time, the better they will be able to support themselves and their families, ensuring the best health and life chances possible.

Funded principally by the Santander Foundation, we have built and grown our weekly ‘wellbeing hub’ for women, whilst also providing volunteering and work experience placements. Each week we offer drop-in welfare advice (e.g., debt, benefits, housing), digital support (e.g., opening bank accounts, setting up email, child benefit registration, laptop and Wi-Fi access), run a baby-bank in conjunction with **Little Village** providing children’s clothes for those struggling with the cost, and end the session with a healthy home-cooked meal that fosters socialising, peer support, and the chance to be part of something positive.

This year, thanks to Innovation funding from **Save the Children**, we piloted a ‘play corner’ with a dedicated bilingual (English / Bengali-Sylheti) staff member to run a baby (under-ones) ‘singing and play’ session. This was extremely successful and is now an embedded part of our Friday morning offer.



“
I like the dancing and singing. It’s lovely having other parents to connect with. I feel relaxed during the session. My son really enjoys the free space and the attention he gets. I feel happy.
”

Sure STEPS participant



Case Study – a volunteer’s journey

“Being part of the Baby Bank project has brought me immense joy and fulfillment, but it has also exposed me to the profound struggles many families face.

Sure STEPS volunteer

“I joined Sure STEPS, as a volunteer, two years ago, encouraged by a friend who had previously completed the training. At the time, I wasn’t sure what to expect, but I decided to give it a try—and I’m so grateful I did.

In 2024, we initiated the **Baby Bank project** ... we

assess the needs of mums—pregnant women (30+ weeks) and those with children under five—and make referrals to Little Village, a charity that provides essential items.

Being part of the Baby Bank project has brought me immense joy and fulfillment, but it has also exposed me to the profound struggles many families face. I’ve heard stories of underage marriage, forced marriage, abuse, poverty, health challenges, difficulties accessing the NHS, stigma, and the barriers to getting support. Yet, amidst these hardships, I’ve also witnessed beautiful stories of resilience and hope.

Meeting these extraordinary women—fighting against the odds for their children, their families, and themselves—has been deeply inspiring. Their strength, despite navigating a system that often offers little, has motivated me to consider further studies. By better understanding the system—its gaps and opportunities—I hope to provide even greater support.

While managing the Baby Bank, I continue to support mums at the Wellbeing Group for Women and another mum one-on-one. Providing this support is both challenging and rewarding, and I’m grateful for every opportunity to make a difference.

However, this work can take an emotional toll. Some situations are heartbreaking, and it’s important to care for our own mental well-being. Fortunately, I can rely on my colleagues and our amazing team. Their guidance, support, and camaraderie make all the difference.

Sure STEPS has been an emotional rollercoaster, but I wouldn’t trade the experience for anything. I hope this journey continues for a long time because I’m loving the ride!

Thank you for the opportunity and thank you for helping me continue to believe in humanity."



Left: some of our Sure STEPS staff and volunteers celebrate International Women’s Day!

Youth Engagement

A key strategic area last year was to grow our work in youth health and engage with a younger cohort of participants. However, having worked in this area for an additional year, with limited success, we decided not to continue with this as a focused strand of work for the moment and keep the age-range of participants under review. This is especially important considering preventative work to support communities we serve to be in good health for as long as possible.

Case Study: Hackney Gym project – impact and lessons learned



Background: From our men’s mental health work, we knew that young men in Hackney wanted to be access free physical exercise to improve their mental health. We obtained funding from Compass Wellbeing to start free gym sessions in a local sports centre, with gym instructor and facilitator.

What happened? We found it very difficult to recruit participants to attend the session. We knew it would be challenging, but found it even more difficult than envisaged. We tallied 1,169 conversations through planned outreach (plus many more informal conversations) but this age group proved elusive despite all the indications of need and people telling us how valuable this project was.

The project evolved to become a learning disabilities project successfully recruiting young men in this cohort. Whilst this was not the intention, it was very successful project in terms of the outcomes and learning.

Impact: For the participants, all with learning difficulties, the project made a real difference to their lives and health. They became much fitter, stronger, more confident and keener to engage in wider community activities. The project also made a significant difference to the gym instructor, who has developed in his own confidence and expertise in working with adults with learning difficulties.

Learning: The project highlighted

- the woeful provision of affordable gym or fitness facilities. It was only through this project and trying to arrange follow-on provision that identified quite how limited services are.
- The large number of young people’s charities which are failing to recruit / support this younger-adult age group, despite wanting to and being funded to do so.
- When participant numbers are low, the difference to people’s lives can still be profound, long-lasting and represent value for money because of the impact made.

A special thank you to our team who made such a difference in improving health and wellbeing of our participants and their families.

Community Research and Engagement

Ensuring involvement of people most affected by health inequalities in academic, medical and health research is a key part of our strategy and one of the ways we champion the case for change.

Community Research has continued to be a very important part of our work this year, with us continuing to ensure that research is as beneficial and impactful for our community members as well as researchers. Some specific highlights this year have included:



- Running a largescale **Community Research Day**. We were approached by a team of researchers who had struggled to engage diverse groups in their work. We used our expertise, connections and insight to design a research day to which we invited seven researchers and three PPIE members from nine institutions across the UK to meet with 22 community members from a range of our services. The day finished with a hot lunch and time for networking and socialising. Feedback was fantastic, with participants and researchers asking when the next event is.

- **Maternity and pregnancy research** – this is a particular area of expertise and we have been working on a number of projects includes pre-term birth, diabetes in pregnancy, hyperemesis (extreme pregnancy sickness), and experiences of midwifery care for women with 2+ long term conditions.

- Building on findings in our men's **mental health work**, we have been working with a Queen Mary researcher to

consider the role of faith for members of the Muslim community in accessing mental health support.

- Continuing work on our **Artificial Intelligence (AI)** work for people living with multiple long-term health conditions though our AI Multiply project. See case study on page 15-16 *Photo (right) of some of our Large Language Model working group.*
- **Dementia Care Programme** – scoping groups considering culturally appropriate Dementia care programme lots of useful insights about how to use and communicate programme with Tower Hamlets Bengali community.



Case Study: Community Art Exhibition - people most affected by health disadvantage influencing Artificial Intelligence (AI) health research

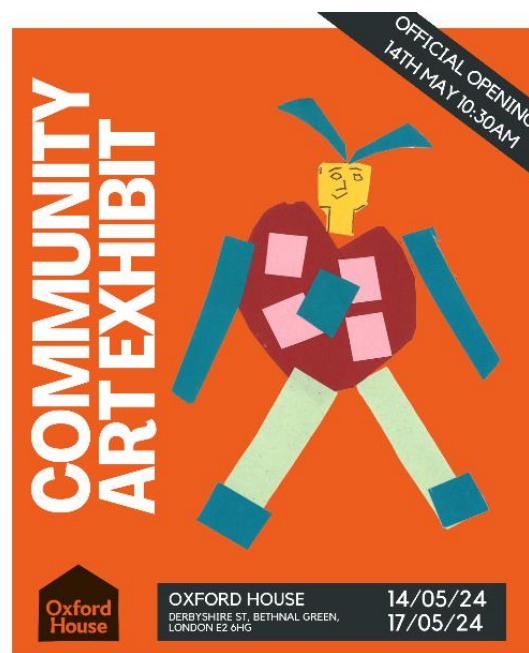
We were delighted to be successful in obtaining additional funding from Queen Mary University of London to host a community art exhibition showcasing the work from our AI Multiply Public Patient Involvement and Engagement (PPIE) group art workshops which we ran last year.

Good PPIE emphasises research being carried out ‘with’ or ‘by’ members of the public rather than ‘to’, or ‘about’ or ‘for’ them. In AI MULTIPLY, we used different creative methods in our workshops to understand what participants would like project to focus on, what research questions we should ask, and explore the concerns people might have about the research or topics of AI. Different creative methods made the research process accessible, inclusive and less reliant on written or spoken materials in English, counteracting the historical bias of participation in research and the overrepresentation of white, middle class and well-educated participants. Using an art-exhibition approach for dissemination, enabled this good practice to continue and involved a further diverse group in understanding and engaging with the research and community priorities.

Attended by more than 80 health researchers, funders, NIHR representatives, public health teams, partners and community members, we showcased lived experience of people living with multiple health conditions and taking multiple medications. Attendees were invited to respond to the art and research and contribute their own ideas to the research, demonstrating, again, how research – even as complicated as Artificial Intelligence (AI) – can be made accessible to people traditionally excluded with funding, and the willingness to learn and partner.



Above: welcoming attendees to the exhibition. The PPIE group (the artists showcased in the exhibit) were a diverse group of 22 individuals, spanning different ages, ethnic groups, and languages. All the workshops were held with the support of translators and facilitated by a visual artist and trainee art therapist.



A community art exhibition exploring the experiences of Tower Hamlets residents living with multiple long-term health conditions and taking multiple medications

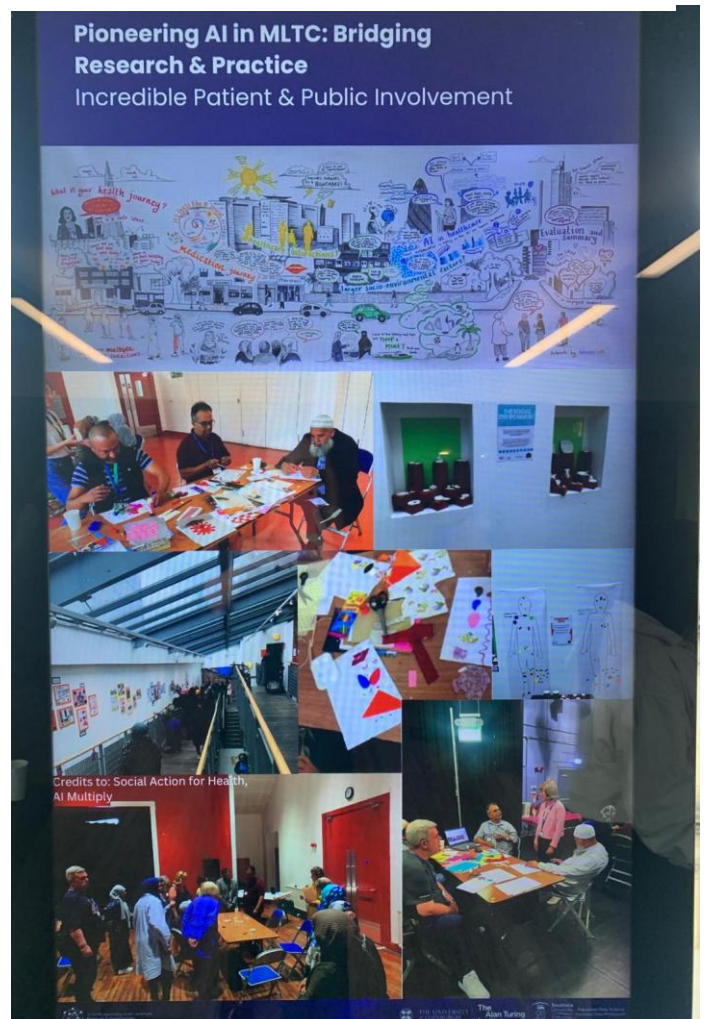


Above: Art work exploring the theme of multiple medications.



Right: Creative works made from clay exploring the impact of living with multiple long-term conditions on daily lives.

Below: Our work was highlighted at the NIHR Artificial Intelligence Multiple Long Term Condition conference in Manchester, as an example of good practice for Patient and Public Involvement.



Changing the narrative: Impact of our Community Research on improving health equity

"I was blown away by the insights from local community members to the extent that I have had to change my approach. You wouldn't get this from papers, text books or seminars - the local community's wisdom is unmatched!"

Researcher who participated in the Community Research Day

100%

of participants surveyed about the impact of their engagement in research with Social Action for Health:



"I had such a good time, I did not realise I had so much useful information for researchers. I would love to come again. When is the next session? "

Community Member who participated in Community Research Day

Staff and Volunteer Development, Training and Celebration!

Over the past year, we have celebrated achievements of our team as well as investing in developing the skills, confidence, and capacity of our staff and volunteers through training and practical experience and management. We used our **new volunteer framework** (developed through support from Johnson & Johnson) to recruit and manage new volunteers at different levels of the organisation. Almost all of our regular sessions are now also supported by at least one volunteer.

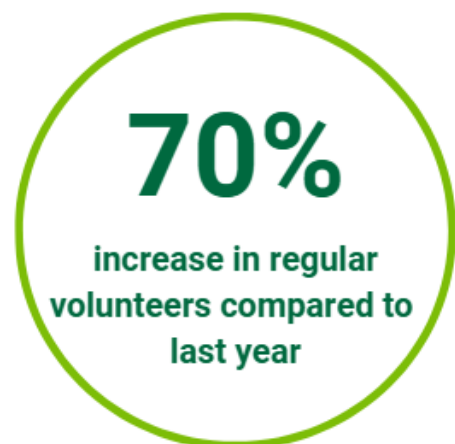


Through a tailored training programme, we have ensured that everyone involved in our organisation is equipped with the knowledge and tools they need to provide safe, informed, and equitable support to the communities we serve. Safeguarding and health and safety (including lone working) training remains a core element of our professional development programme. Ensuring that all staff and volunteers are confident in recognising, responding to, and reporting concerns is vital to maintaining the safety and wellbeing of those who rely on our services and each other.

A key focus of our development and capacity building work this year has been our **women's paid work placement** initiative. Designed specifically to empower women who have been out of employment for an extended period, or never worked in this country, the programme provided hands-on experience, CV and interview practice and an environment in which participants could rebuild confidence, learn transferable skills, and move closer to entering the workforce. The impact has been significant; all five women who completed the programme went into paid work.



Left: Celebrating completion of our women's paid work placement programme, with our WorkPath partners from Tower Hamlets Local Authority.



We also partnered with Power the Fight to provide **racial equity training** across the organisation. These sessions have encouraged reflective practice, addressed unconscious bias, and deepened understanding of how systemic racism impacts the lived experience of many of the people we support. As a result, our teams are better prepared to foster inclusivity, challenge discriminatory behaviours, and create spaces where everyone feels valued and heard. In the current political climate, this feels more important than ever.



Below: our team New Year celebration at Wapping Community Moorings, including trustees, staff and volunteers having fun together followed by a delicious lunch.

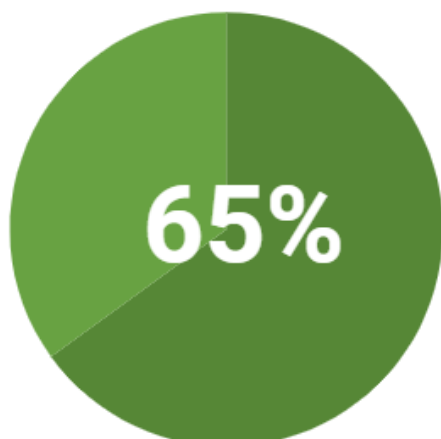
884+
volunteer
hours
donated



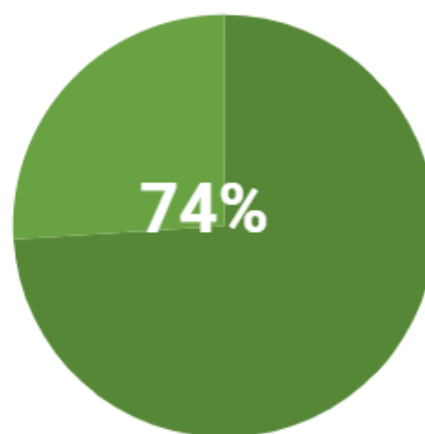
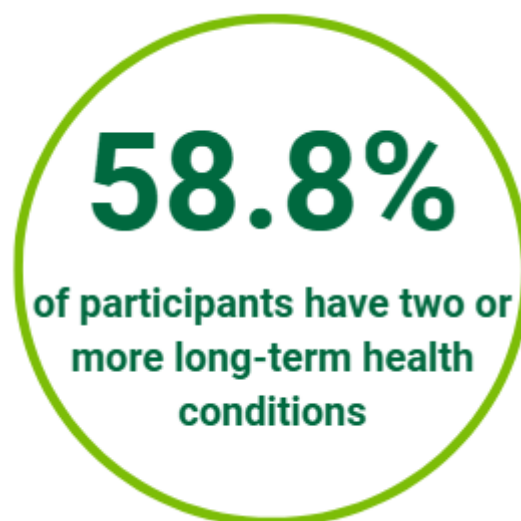
“Since starting with Sure STEPS I feel much more confident, and I am learning different roles in the Friday session. The staff are so helpful and make me feel so much better in what I do. Every week on Friday session I am ready to work I know what to do as I get briefed by Sulima and that makes it easy for me. I am so happy volunteering with SAfH”

Sure STEPS volunteer

2024-2025 – Context, community and the change we are making



65% of participants identify their ethnicity as Asian / Asian British - Bangladeshi



74% of project participants were women

Good Moves. Outcomes from 400+ participants:

- 73% able to advocate for their health and wellbeing (up from 47%)
- 61% able to priorities their health and wellbeing (up from 49%)
- 74% confident to make decisions about health and wellbeing (up from 51%)
- 75% have strong support networks to manage their health (up from 46%)

Thank you to all our funders and supporters

We extend our deepest gratitude to all our generous donors and supporters who have funded our work this year, whether financially or in pro bono support and capacity. Your contributions have been invaluable in helping us pursue our mission and make a lasting impact in the community.

Every donation and funded opportunity, whether large or small, has played a crucial role in driving our initiatives forward, allowing us to reach more individuals and create positive change. We are inspired by your commitment to our cause and are profoundly thankful for your partnership in this journey. Together, we are making a difference, and we look forward to building on this momentum in the year ahead.

- City St George's, University of London
- East End Community Foundation
- Equality Ltd
- London Borough of Tower Hamlets
- Money A&E
- NHS North East London ICB
- Queen Mary University of London
- Rethink Mental Illness
- Save the Children UK
- Sports England
- St Margaret's House
- Tower Hamlets CVS
- University College London
- University of Birmingham
- University of Cambridge
- University of Newcastle
- Wakefield & Tetley Trust

We have also worked with numerous other organisations, community partners, schools, mosques, GP surgeries, local authorities, healthcare practitioners, academics, volunteers and advisors in different capacities who have hosted us, shared staff resources with us, guided us our work and encouraged us in our mission. Thank you so much.

Financial review

2024-25 has been a stabilising year after the upheaval of restructuring the organisation in 2023-24. We finished the year with a very small deficit, a significant improvement on the previous year, and are looking forward to continuing to improve this position as we move into the next year.

Year-end 31st March	2023	2024	2025*
Income			
Unrestricted Funds	316,635	253,050	225,694
Restricted Funds	367,638	83,888	135,090
Total Funds	684,273	336,938	360,784
Expenditure			
Unrestricted Funds	244,683	352,093	198,352
Restricted Funds	398,118	221,712	168,080
Total Funds	642,801	573,805	366,432
Net Income/expenditure for the year	41,472	-236,867	-5,648
Funds			
Restricted reserves	244,343	106,519	73,529
Unrestricted reserves	267,720	168,677	196,019
	512,063	275,196	269,548

The Charity remains in a good cash and reserves (unrestricted and restricted) position in 2024-25. The key financial risk for the year ahead remains the achievability of budgeted income as the year progresses, particularly from Trusts and Foundation.

During the year there was no non-compliance of Fundraising regulations and codes and Social Action for Health received no complaints relating to its fundraising practice.

Reserves policy

The organisation always aims to hold at least three months of minimal running costs plus redundancy and related costs as unrestricted reserves in the event a closure is required. This amount has been calculated as £100,000 for financial year 2025-6 (the same as 2024-25). The trustees have agreed that it will continue to be prudent to continue to aim to hold £250,000 unrestricted funds – as agreed historically, and representing at least six months of funds - but that provided the minimal amount is held, this will be sufficient to support continuity and sustainability of the organisation. Reserves above £100,000 may be used to ensure continuity of community services and development of new initiatives, but in line with previous years, reserves will not be used to subsidise contracted service delivery.

Going concern basis of accounting

Proactive, day-by-day cash flow management alongside contract and resource management ensures that Social Action for Health is a going concern. In the short term, this is supported by good cash reserves, cash flow management based on committed contractual income and risk assessed new income. Cash flow is forecast to remain positive until at least December 2026. Looking further into the future, the plan is for the organisational income and the unrestricted reserves to continue to increase and to make a regular small surplus each year. This will lead to the charity being in a more financially stable and sustainable position and able to take on more projects which respond to community insights in line with organisational strategy.

The trustees have considered the underlying assumptions; the level of confirmed funding agreed at the date of approval of these accounts and assessed the financial position for reasonableness. The trustees have also considered whether there are any material uncertainties that may cast doubt on the charity's ability to continue to adopt the going concern basis of accounting for a period of at least twelve months from the date when the financial statements are authorised for issue.

The trustees are satisfied that although funding needs to increase in the year ahead and is likely (once again) to be challenging, our clear service plans combined with a flexible work-force and careful management, mean that there are no such material uncertainties that the charity will not be able to meet its liabilities when they become due.

Income and expenditure management including cash-flow and scrutiny of reserves will be completed monthly by the Treasurer, the Finance and Governance Committee and at quarterly board meetings to ensure that appropriate actions can be taken to manage the finances in the short and longer-term.

Principal risks and uncertainties

The Trustees are satisfied that this process and the operational and governance processes in place, to manage risks are adequate and appropriate and that mitigation measures are being taken as necessary.

The Trustees have considered what risks the charity faces and believe these to be principally relating to uncertainty of long-term funding for the organisation and the knock-on consequences this may have, including not having sufficient skills, language and capacity within the staff team to meet the needs of the communities we serve. Other risks (which the trustees are satisfied have all been mitigated as far as possible) are:

- Increasing racism affecting communities we serve, is having a direct and indirect negative effect on staff, volunteers, participants and the community more widely.
- Plans to recruit and retain volunteers who reflect local communities, have lived experience of the issues faced and have the required skills, remains challenging. Setting up Panel 100, our Community Advisory Group, will address this.
- Reducing public sector budgets may impact service delivery and sustainability. Whilst the NHS 10 year plan, is, on paper, very positive for us, whether the NHS and local authorities have the courage to commission organisations like ours rather than retain funds themselves, remains to be seen.
- Uncertainty over proposed changes to employment law practices and how they may affect our sessional worker team.

Structure, governance and management

Trustees take overall responsibility for the strategic direction of the organisation as well as ensuring a good legal and good practice framework underpins their role as the employer of staff. The whole board meets at least quarterly and a number of Board Committees / small working groups have been established to enable trustees to contribute skills and knowledge to support the CEO operationally and with specific challenges.

The Board has a Chair, Deputy Chair and Treasurer and a Board Secretary to support governance and administration of board business. Succession planning is kept under review and a new group of four trustees has recently been appointed with the intention of serving at least a three year term. This has helped strengthen board capacity and address specific gaps in terms of skills and diversity. Significant improvements have been made to ensure representation on our Board of the diversity of our local communities and the participants we serve.

Trustees are invited to attend relevant training as well as sharing learning and skills through facilitated sessions and joining external charity governance support organisations. Training will be offered on safeguarding and other areas of interest / good practice as the need arises to ensure the skills of the Board remain relevant and up-to-date.

Ceri Durham remains as CEO to lead a team of staff, sessional staff and volunteers to ensure strategic and business development in line with trustee decision as well as service and operational delivery in line with Social Action for Health's charitable objectives. Legally indemnified HR expertise is provided by Mentor.

The organisation is a charitable company limited by guarantee, incorporated on 19 July 1994 and registered as a charity on 31 August 1994.

The company was established under a memorandum of association which established the objects and powers of the charitable company and is governed under its articles of association.

All trustees give their time voluntarily and receive no benefits from the charity. Any expenses reclaimed from the charity are set out in Note 8 to the accounts.

Remuneration policy for key management personnel

We do a market review to set a pay banding for each type of role. The rate employees are paid within this band is based on experience and performance. Trustees approve pay banding and agree remuneration for the CEO.

Appointment of trustees

Trustees are recruited through an advertisement and interview process with the aim of ensuring an effective mix of skills, experience, diversity of experience to ensure representation on our Board of the diversity of our local communities and the participants we serve. There are currently no constitutional provisions for specific trustee appointments. Four new trustees have been appointed in financial year 2025-26 on 16 September 2025.

Related parties and relationships with other organisations

Social Action for Health has a wide range of stakeholders and partnerships that are detailed in our contracting and subcontracting relationships. We work in several informal partnerships and actively pursue a collaborative way of working with other community-based organisations. However, these are not formally contracted and rely on memorandums of understanding and mutual trust and understanding on both sides. A list of parties who have funded our work is set out below.

Public Benefit

The trustees confirm they have complied with the guidance contained in the Charity Commission's general guidance on public benefit in section 4 of the Charities Act 2011 when reviewing the Charity's aims and objectives and in planning its future activities. In particular, the Trustees consider how planned activities will contribute to the aims and objectives that have been set.

Statement of responsibilities of the trustees

The trustees (who are also directors of Social Action for Health for the purposes of company law) are responsible for preparing the trustees' annual 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 and fair view of the state of affairs of the charitable company and of the incoming resources and application of resources, including the income and expenditure, of the charitable company for that period. In preparing these financial statements, the trustees are required to:

- Select suitable accounting policies and then apply them consistently
- Observe the methods and principles in the Charities Statement Of Recommended Practice (SORP)
- Make judgements and estimates that are reasonable and prudent
- State whether applicable UK Accounting Standards and statements of recommended practice have been followed, subject to any material departures disclosed and explained in the financial statements

- Prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in operation

The trustees are responsible for keeping adequate accounting records that disclose with reasonable accuracy at any time the financial position of the charitable company and enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the charitable company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

The trustees are responsible for the maintenance and integrity of the corporate and financial information included on the charitable company's website. Legislation in the United Kingdom governing the preparation and dissemination of financial statements may differ from legislation in other jurisdictions.

Members of the charity guarantee to contribute an amount not exceeding £1 to the assets of the charity in the event of winding up. The total number of such guarantees at 31 March 2025 was 7. The trustees are members of the charity but this entitles them only to voting rights. The trustees have no beneficial interest in the charity.

Independent Examiner

Shruti Soni was appointed as the charitable company's independent examiner during the year.

The trustees' annual report has been approved by the trustees on 10 December 2025 and signed on their behalf by

A handwritten signature in black ink that reads "Karin Pappenheim". The signature is written in a cursive style and is placed on a light pink rectangular background.

Karin Pappenheim

Chair

Independent Examiner's Report to the Trustees of Social Action for Health

I report on the accounts of the charity for the year ended 31 March 2025.

Respective responsibilities of the Board of Trustees and examiner

As the trustees of the charitable 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'). You are satisfied that the accounts of the Company are not required by charity or company law to be audited and have chosen instead to have an independent examination.

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 the Company's accounts 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 the ICAEW 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 that in any material respect:

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.

Shruti Soni

Shruti Soni

Shruti Soni Ltd
117a St Johns Hill
Sevenoaks, TN13 3PL

Date: 19 December 2025.....

SOCIAL ACTION FOR HEALTH

STATEMENT OF FINANCIAL ACTIVITIES

(Incorporating Income and Expenditure Account & Statement of Total Realised Gains and Losses)

For the year ended 31 March 2025

	Note	Unrestricted Funds 2025 £	Restricted Funds 2025 £	Total Funds 2025 £	Unrestricted Funds 2024 £	Restricted Funds 2024 £	Total Funds 2024 £
INCOME FROM							
Donations and legacies	2	814	108,619	109,433	20,870	56,844	77,714
Charitable activities	3	222,154	26,471	248,625	202,649	27,044	229,693
Investment income: bank interest		2,694	-	2,694	3,699	-	3,699
Other income		32	-	32	25,832	-	25,832
TOTAL INCOME		225,694	135,090	360,784	253,050	83,888	336,938
EXPENDITURE ON:							
Raising funds	4	36,724	-	36,724	12,667	-	12,667
Charitable activities	4						
Consultancy, Management and Training		3,521	-	3,521	5,706	-	5,706
Community Health Research		26,935	28,624	55,559	58,866	22,838	81,704
Long Term Conditions Support		85,595	33,160	118,755	243,227	138,804	382,031
Pregnancy, Birth and Early Parenthood		28,718	67,705	96,423	9,796	35,951	45,747
Youth Health		14,061	32,591	46,652	-	-	-
Financial and Digital Wellbeing		-	-	-	21,831	24,119	45,950
Project Development and New Initiatives		2,798	6,000	8,798	-	-	-
		161,628	168,080	329,708	339,426	221,712	561,138
TOTAL EXPENDITURE		198,352	168,080	366,432	352,093	221,712	573,805
Net income / (expenditure) for the year before transfers		27,342	(32,990)	(5,648)	(99,043)	(137,824)	(236,867)
NET INCOME/(EXPENDITURE) FOR THE YEAR		27,342	(32,990)	(5,648)	(99,043)	(137,824)	(236,867)
RECONCILIATION OF FUNDS							
TOTAL FUNDS AT 1 APRIL 2024		168,677	106,519	275,196	267,720	244,343	512,063
TOTAL FUNDS AT 31 MARCH 2025		£ 196,019	£ 73,529	£ 269,548	£ 168,677	£ 106,519	£ 275,196

All income and expenditure has arisen from continuing activities

The annexed notes form part of these financial statements

SOCIAL ACTION FOR HEALTH
(company limited by guarantee number 02954744)

BALANCE SHEET
(company limited by guarantee number 02954744)
As at 31 March 2025

	Notes	£	2025 £	£	2024 £
FIXED ASSETS					
Tangible assets	11		1		2,328
CURRENT ASSETS					
Debtors	12	26,986		9,023	
Cash at bank and in hand		249,586		317,894	
		<u>276,572</u>		<u>326,917</u>	
CREDITORS: amounts falling due within one year	13	(7,025)		(54,049)	
NET CURRENT ASSETS			<u>269,547</u>		<u>272,868</u>
NET ASSETS			<u>£ 269,548</u>		<u>£ 275,196</u>
FUNDS					
Restricted funds	14		73,529		106,519
Unrestricted funds	14		196,019		168,677
			<u>£ 269,548</u>		<u>£ 275,196</u>

The annexed notes form part of these financial statements

For the year ended 31 March 2025 the Company was entitled to exemption under section 477 of the Companies Act 2006 relating to small companies.

Directors responsibilities:

- (i) The members have not required the Company to obtain an audit of its accounts for the year in question in accordance with section 476;
- (ii) The directors acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of accounts.

The financial statements have been prepared in accordance with 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 2019) - (Charities SORP FRS 102), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Companies Act 2006.

These financial statements have been prepared in accordance with the provisions applicable to charitable companies subject to the small companies regime.

They were approved, and authorised for issue, by the Board of Trustees on 10 December 2025 and signed on their behalf by:-



KARIN PAPPENHEIM (Chair)

SOCIAL ACTION FOR HEALTH

STATEMENT OF CASHFLOWS
For the year ended 31 March 2025

	<u>2025</u>		<u>2024</u>	
	£	£	£	£
Cash flows from operating activities		(5,648)		<i>(236,867)</i>
Add back depreciation		2,327		<i>3,990</i>
Net cash provided by / (used in) operating activities				
(Increase)/decrease in debtors	(17,963)		<i>59,217</i>	
Increase/(decrease) in creditors	(47,024)		<i>40,266</i>	
		(64,987)		<i>99,483</i>
Cash flows from investing activities				
Purchase of fixed assets		-		-
Change in cash and cash equivalents in the year		(68,308)		<i>(133,394)</i>
Cash and cash equivalents at the beginning of the year		317,894		<i>451,288</i>
Cash and cash equivalents at the year end		<u>249,586</u>		<i><u>317,894</u></i>

The annexed notes form part of these financial statements

NOTES TO THE FINANCIAL STATEMENTS
For the year ended 31 March 2025

1. ACCOUNTING POLICIES

Basis of preparation of financial statements

The accounts have been prepared under the historical cost accounting rules, and in accordance with 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 2019) - (Charities SORP FRS 102), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Companies Act 2006.

Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy or note.

Judgements and key sources of estimation uncertainty are detailed in the accounting policies where applicable.

Public benefit entity

The charitable company meets the definition of a public benefit entity under FRS 102.

Going concern

The Trustees consider that there are no material uncertainties about the charitable company's ability to continue as a going concern. Key judgements that the charitable company has made which have a significant effect on the accounts include estimating income and expenditure for the next 12 months, in particular the economic impact of the Covid 19 pandemic.

Income

Income is recognised when the charity has entitlement to the funds: this is when any performance conditions attached to the income have been met, it is probable that the income will be received, and that the amount can be measured reliably.

Income from government and other grants, whether 'capital' grants 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 reliably and is not deferred.

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 by the executor(s) to the charity that a distribution will be 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 asset and disclosed if material.

Income is only deferred when: the donor specifies that the grant or donation must only be used in future accounting periods; or for performance related grants, where these are received in advance of the performances or specific event to which they relate.

NOTES TO THE FINANCIAL STATEMENTS
For the year ended 31 March 2025

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.

Company status

Social Action for Health is a company limited by guarantee. In the event of the Charity being wound up, the liability in respect of the guarantee is limited to £1 per member of the Charity.

Fund accounting

Restricted funds are to be used for specific purposes as laid down by the donor. Expenditure which meets these criteria is charged to the fund.

Unrestricted funds are donations and other incoming resources received or generated for the charitable purposes.

Designated funds are unrestricted funds earmarked by the trustees for particular purposes.

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. Irrecoverable VAT is included within expenditure, which is classified under the following activity headings:

Fundraising costs

Costs of raising funds relate to the costs incurred by the charitable company in inducing third parties to make voluntary contributions to it, as well as the cost of any activities with a fundraising purpose.

Charitable activities

Expenditure on charitable activities includes the costs of delivering services and reading activities undertaken to further the purposes of the charity and their associated support costs.

Other expenditure

Other expenditure represents those items not falling into any other heading.

NOTES TO THE FINANCIAL STATEMENTS
For the year ended 31 March 2025

Allocation of support costs

Resources expended are allocated to the particular activity where the cost relates directly to that activity. Staff costs are stated on the basis of staff time. Support costs which cannot be directly attributed to charitable activities are allocated in proportion to staff costs.

Where information about the aims, objectives and projects of the charity is also provided to potential donors, activity costs are apportioned between fundraising and charitable activities on the basis of the area of literature occupied by each activity.

Operating leases

Rental charges are charged on a straight line basis over the term of the lease.

Tangible fixed assets and depreciation

Tangible fixed assets (excluding investments) are stated at cost less depreciation. The cost of minor additions or those costing less than £1,000 are not capitalised. Other fixed assets with an expected life of more than one year are included at cost and depreciated over four years.

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.

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. Cash balances exclude any funds held on behalf of service users.

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.

The charity only has financial assets and financial liabilities of a kind that qualify as basic financial instruments. Basic financial instruments are initially recognised at transaction value and subsequently measured at their settlement value with the exception of bank loans which are subsequently measured at amortised cost using the effective interest method.

Pensions

The charity operates a defined contributions pension scheme, which is a Group Stakeholder Pension Scheme. During the year, the charity contributed up to 3% of gross pay for all staff. The contributions made during the year are treated as an expense and were £3,719 (2024 - £6,506).

SOCIAL ACTION FOR HEALTH

NOTES TO THE FINANCIAL STATEMENTS
For the year ended 31 March 2025

2. DONATIONS AND LEGACIES

	Unrestricted Funds 2025 £	Restricted Funds 2025 £	Total Funds 2025 £	Unrestricted Funds 2024 £	Restricted Funds 2024 £	Total Funds 2024 £
Trusts & foundations	-	69,212	69,212	20,500	45,250	65,750
Local authority and NHS grant:	-	39,407	39,407	-	10,394	10,394
Corporates	634	-	634	-	1,200	1,200
Other donations	180	-	180	370	-	370
	<u>£ 814</u>	<u>£ 108,619</u>	<u>£ 109,433</u>	<u>£ 20,870</u>	<u>£ 56,844</u>	<u>£ 77,714</u>

3. INCOME FROM CHARITABLE ACTIVITIES

	Unrestricted Funds 2025 £	Restricted Funds 2025 £	Total Funds 2025 £	Unrestricted Funds 2024 £	Restricted Funds 2024 £	Total Funds 2024 £
Consultancy, Management and Training	13,663	-	13,663	35,886	-	35,886
Long Term Conditions Support	114,125	-	114,125	112,249	-	112,249
Community Health Research	91,700	26,471	118,171	53,181	27,044	80,225
Project Development and New Initiatives	2,666	-	2,666	1,333	-	1,333
Youth Health	-	-	-	-	-	-
	<u>£ 222,154</u>	<u>£ 26,471</u>	<u>£ 248,625</u>	<u>£ 202,649</u>	<u>£ 27,044</u>	<u>£ 229,693</u>

SOCIAL ACTION FOR HEALTH

NOTES TO THE FINANCIAL STATEMENTS
For the year ended 31 March 2025

4. ANALYSIS OF EXPENDITURE

	Staff costs £	Direct costs £	Support £	Total 2025 £	Total 2024 £
Consultancy, Management and Training	718	2,468	335	3,521	5,706
Community Health Research	34,705	4,669	16,185	55,559	81,704
Long Term Conditions Support	71,168	14,396	33,191	118,755	382,031
Pregnancy, Birth and Early Parenthood	61,577	6,128	28,718	96,423	45,747
Youth Health	30,150	2,441	14,061	46,652	-
Financial and Digital Wellbeing	-	-	-	-	45,950
Project Development and New Initiatives	6,000	-	2,798	8,798	-
	204,318	30,102	95,288	329,708	561,138
Fundraising	12,722	18,069	5,933	36,724	12,667
Support & governance	36,201	65,020	(101,221)	-	-
	£ 253,241	£ 113,191	£ Nil	£ 366,432	£ 573,805

2024

	Staff costs £	Direct costs £	Support £	Total 2024 £
Consultancy, Management and Training	1,665	3,438	603	5,706
Community Health Research	51,808	11,150	18,746	81,704
Long Term Conditions Support	261,784	25,522	94,725	382,031
Pregnancy, Birth and Early Parenthood	27,019	8,951	9,777	45,747
Youth Health	-	-	-	-
Project Development and New Initiatives	-	-	-	-
Financial and Digital Wellbeing	32,261	2,016	11,673	45,950
	374,537	51,077	135,524	561,138
Fundraising	3,175	8,343	1,149	12,667
Support & governance	49,743	86,930	(136,673)	-
	£ 427,455	£ 146,350	£ Nil	£ 573,805

During the year, the charity has reviewed and updated the naming of its charitable activities to better reflect its work. These accounts are presented on the basis of these reclassifications, and the comparatives have been updated to match.

Of the total expenditure, £198,352 was unrestricted (2024 - £352,093) and £168,080 was restricted (2024 - £221,712).

SOCIAL ACTION FOR HEALTH

NOTES TO THE FINANCIAL STATEMENTS

For the year ended 31 March 2025

5. NET INCOME / EXPENDITURE FOR THE YEAR

This is stated after charging / crediting:

	2025	2024
	£	£
Independent auditor's / examiner's remuneration:		
Independent examiner's fees	1,200	1,200
Operating lease rentals payable:		
Property	7,540	7,540
Other	-	-

6. STAFF COSTS AND NUMBERS

	Total Funds 2025	Total Funds 2024
	£	£
Salary costs		
Wages and salaries	237,017	358,213
Social security costs	12,505	22,626
Pension costs	3,719	6,506
Redundancy costs	-	40,110
	£ 253,241	£ 427,455

The average number of employees (head count based on number of staff employed) during the year was 28 (2024 - 27).

The total employee benefits, including pension contributions, of the key management personnel were £65,159 (2024 - £65,159).

During the year, no employee earned more than £60,000 (2024 - the same).

7. PENSION SCHEME

The charitable company operates a defined contributions pension scheme. The assets of the scheme are held separately from those of the charitable company in the independently managed NEST pension fund. The pension cost charge represents contributions payable under the scheme by the charitable company to the fund. The charitable company has no liability under the scheme other than for the payment of those contributions.

8. TRUSTEES' REMUNERATION AND EXPENSES

The charity trustees were not paid and did not receive any other benefits from association with the charity in the year (2024 - £nil). No charity trustee received payment for professional or other services supplied to the charity (2024 - £nil).

No expenses were paid to the Trustees (2024 - the same).

SOCIAL ACTION FOR HEALTH

NOTES TO THE FINANCIAL STATEMENTS For the year ended 31 March 2025

9. RELATED PARTY TRANSACTIONS

Other than trustees' expenses above, there are no reportable related party transactions to disclose for 2025 (2024 - none).

10. TAXATION

The charitable company is exempt from corporation tax as all its income is charitable and is applied for charitable purposes.

11. TANGIBLE FIXED ASSETS

	Leasehold improvements	Fixtures and fittings	Office equipment	Total
	£	£	£	£
Cost				
At 1 April 2024	-	-	34,711	34,711
Depreciation				
At 1 April 2024	-	-	32,383	32,383
Charge for the year	-	-	2,327	2,327
At 31 March 2025	-	-	34,710	34,710
Net book value				
At 31 March 2024	£ Nil	£ Nil	£ 2,328	£ 2,328
At 31 March 2025	£ Nil	£ Nil	£ 1	£ 1

12. DEBTORS

	2025	2024
	£	£
Due within one year		
Trade debtors	19,102	8,023
- Less provision for bad debts	-	-
Accrued income	7,884	1,000
	<u>£ 26,986</u>	<u>£ 9,023</u>

SOCIAL ACTION FOR HEALTH

NOTES TO THE FINANCIAL STATEMENTS
For the year ended 31 March 2025

13. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2025	2024
	£	£
Deferred income	-	48,068
Social security and other taxes	4,645	4,467
Pension	-	103
Accruals	2,380	1,411
	<u>£ 7,025</u>	<u>£ 54,049</u>
<u>Deferred income</u>		
Balance at 1 April 2024	48,068	-
Amount released to incoming resources	(48,068)	-
Amount deferred in the year	-	48,068
	<u>£ Nil</u>	<u>£ 48,068</u>

14. STATEMENT OF FUNDS

	Brought Forward	Incoming Resources	Resources Expended	Transfers and investment gains(losses)	Carried Forward
	£	£	£	£	£
RESTRICTED FUNDS					
Long Term Conditions Support					
Good Friends	9,494	72,703	(61,783)	-	20,414
Pregnancy, Birth and Early Parenthood					
Bilingual play worker	-	16,980	(15,651)	-	1,329
Community Health Research					
AI Multiply	4,206	-	-	-	4,206
Youth health					
Hackney gym	-	39,407	(32,591)	-	6,816
Project Development and New Initiatives					
Core and project development	-	6,000	(6,000)	-	-
Financial and Digital Wellbeing	92,819	-	(52,055)	-	40,764
	<u>£ 106,519</u>	<u>£ 135,090</u>	<u>£ (168,080)</u>	<u>£ Nil</u>	<u>£ 73,529</u>
SUMMARY OF FUNDS					
General Funds	168,677	225,694	(198,352)	-	196,019
Restricted Funds	106,519	135,090	(168,080)	-	73,529
	<u>£ 275,196</u>	<u>£ 360,784</u>	<u>£ (366,432)</u>	<u>£ Nil</u>	<u>£ 269,548</u>

SOCIAL ACTION FOR HEALTH

NOTES TO THE FINANCIAL STATEMENTS
For the year ended 31 March 2025

STATEMENT OF FUNDS - 2024

	<i>Brought Forward</i>	<i>Incoming Resources</i>	<i>Resources Expended</i>	<i>Transfers and investment gains/(losses)</i>	<i>Carried Forward</i>
	£	£	£	£	£
RESTRICTED FUNDS					
<i>Long Term Conditions Support</i>					
<i>Good Friends</i>	4,442	31,594	(26,542)	-	9,494
<i>BAME Mental Health</i>	112,262	-	(112,262)	-	-
<i>Pregnancy, Birth and Early Parenthood</i>					
<i>Sure STEPS</i>	5,970	-	(35,951)	29,981	-
<i>Community Health Research</i>					
<i>AI Multiply</i>	-	27,044	(22,838)	-	4,206
<i>Financial and Digital Wellbeing</i>	121,669	25,250	(24,119)	(29,981)	92,819
<i>Other</i>					
<i>Core and project development</i>	-	-	-	-	-
	<u>£ 244,343</u>	<u>£ 83,888</u>	<u>£ (221,712)</u>	<u>£ Nil</u>	<u>£ 106,519</u>
SUMMARY OF FUNDS					
<i>General Funds</i>	267,720	253,050	(352,093)	-	168,677
<i>Restricted Funds</i>	244,343	83,888	(221,712)	-	106,519
	<u>£ 512,063</u>	<u>£ 336,938</u>	<u>£ (573,805)</u>	<u>£ Nil</u>	<u>£ 275,196</u>

15. ANALYSIS OF NET ASSETS BETWEEN FUNDS

	Unrestricted General Funds	Restricted Funds	Total Funds
	£	£	£
Tangible fixed assets	1	-	1
Net current assets	196,018	73,529	269,547
	<u>£ 196,019</u>	<u>£ 73,529</u>	<u>£ 269,548</u>

SOCIAL ACTION FOR HEALTH

NOTES TO THE FINANCIAL STATEMENTS For the year ended 31 March 2025

NOTE 15 ANALYSIS OF NET ASSETS BETWEEN FUNDS CONTINUED - 2024

	<i>Unrestricted General Funds £</i>	<i>Restricted Funds £</i>	<i>Total Funds £</i>
<i>Tangible fixed assets</i>	2,328	-	2,328
<i>Net current assets</i>	166,349	106,519	272,868
	<u>£ 168,677</u>	<u>£ 106,519</u>	<u>£ 275,196</u>

16. OPERATING LEASE COMMITMENTS

The charity has a long-term, rolling agreement for hire of rooms at the Brady Arts Centre and is in ongoing discussions with Tower Hamlets local authority about formalising this arrangement. In the meantime, it has no ongoing obligations in this regard.

17. OTHER COMPANY INFORMATION

Social Action for Health is a charitable company limited by guarantee, registered in England with registration number 02954744. Its registered office address is Brady Arts Centre, 192-196 Hanbury Street, London, England, E1 5HU. The accounts are presented in GBP rounded to £1.

SOCIAL ACTION FOR HEALTH

England & Wales - Charity number 1040496

Accounts

Company number: 2954744

Charity Number: 1040496

Social Action for Health

Report and financial statements
For the year ended 31 March 2024

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Company number	2954744
Country of incorporation	United Kingdom
Charity number	1040496
Country of registration	England & Wales
Registered office	Brady Arts Centre, 192-196 Hanbury Street, London, E1 5HU

Trustees

Trustees, who are also directors under company law, who served during the year and up to the date of this report were as follows:

Emma Backhouse	
Lewis Batkin	
Joseph Coules	Appointed 17 September 2024
Hannah Emmett	Appointed 17 September 2024
Tatyana Karpinskaya	Treasurer
Elaine Londesborough-van Rooyen	Appointed 17 September 2024
Abbas Mirza	Appointed 17 September 2024
Alex Murtough	Deputy Chair
Karin Pappenheim	Chair
Helena Roy	Resigned 17 September 2024
Pooja Shah	
Hannah Stranger-Jones	Resigned 17 September 2024

Key management personnel

Chief Executive	Ceri Durham
Accountants	NFP Accountancy Limited. Appointed 1 October 2021
Bankers	NatWest plc., 403 Bethnal Green Road, London, E2 OAF CAF Bank Limited, 25 Kings Hill Avenue, Kings Hill, West Malling, Kent, ME19 4JQ
HR and legal	Mentor, 100 West George Street, Glasgow, G2 1PP
Independent Examiner	Shruti Soni, T/A Charity Accountant, Shruti Soni Ltd, 117a St Johns Hill, Sevenoaks, TN13 3PL

Reference and administrative information set out on page 1 forms part of this report. The financial statements comply with current statutory requirements, the memorandum and articles of association, the requirements of a directors' report as required under company law, and the Statement of Recommended Practice - Accounting and Reporting by Charities: SORP applicable to charities preparing their accounts in accordance with FRS 102.

Introduction: Trustees Annual Report 2024



Above – exercise session on one of our Good Moves courses for people living with long-term health conditions.

It is with great pleasure that the Trustees present their report and the financial statements for the year ended 31 March 2024.

Social Action for Health has worked with multi-ethnic communities in east London for nearly 40 years to address the impact of the health inequalities that are so deeply established within our society. We believe that social inequality and health inequality are linked: poverty, discrimination, prejudice, and inaccessible systems across society are leading to an unequal distribution of good health. Our mission is to support communities most affected by health inequalities and to champion the case for change to bring about a world where unfair and avoidable health inequalities no longer exist.

Evidence of need for our work is stronger than ever. The cost-of-living crisis, increasing rates of child poverty, social factors such as poor housing and barriers to accessing health care, the aftermath of COVID 19, have all been disproportionately impacting the communities we serve. With avoidable health inequalities in many cases, widening, we have compelling evidence that our work continues to be relevant and makes a vital difference to the communities we serve.

This year has been a challenging year for the organisation in a difficult funding and financial environment. In response, we have completed a major organisational restructure to reduce core costs and better position the charity for longer term financial stability and sustainability. In this time of organisational change we have had to make sad farewells to some long-standing staff members, and we thank them for their contributions. At the same time, the reduced core team, alongside our exceptional sessional workers and volunteers, have still managed to achieve so much this year. We are proud to report that recorded participant numbers have remained at consistent levels year on year (2023-2024: 3,525, 2022-2023: 3,423).

Over the last year, we have also developed our impact measures as reflected throughout this report to demonstrate that we are making a significant difference to people we work with. For example, we

now know that in our Good Friends programme, over 90.9% of participants join with low wellbeing using the Short-Warwick Edinburgh Wellbeing Scale. This reduces to 63.6% of participants having low-wellbeing after being supported to us for at least 6 weeks. We are now looking to see how we can continue to track improvement over the longer term.

Finally, the Trustees wish to record our thanks for all those who have supported the charity this year: our funders, staff and volunteers. The achievements set out in this report would not have been possible without that support. In 2026 the charity will celebrate our 40th anniversary, and we look forward to engaging and celebrating this with all our supporters and stakeholders.

Karin Pappenheim, Chair of Trustees

SOCIAL ACTION FOR HEALTH

CHARITABLE OBJECTIVES

As set out in our Governing documents, our Charitable Objectives are:

1. **To preserve and protect the good health** of the public within London and elsewhere within England;
2. **The relief of unemployment** for the benefit of the public in such ways as are thought fit, including assistance to find employment; and
3. **To develop the capacity and skills** of members of socially and economically disadvantaged communities **to enable them better to identify and meet their needs** in order to participate more fully in society.

VISION AND MISSION

A world where unfair and avoidable health inequalities no longer exist.

Our mission is to support and address the priorities of those most affected by health inequalities, and to champion the case for wider structural and societal change.

THEORY OF CHANGE

Poverty, discrimination, prejudice and inaccessible systems across society are leading to an unequal distribution of good health.

The more control people have over their lives, the better their health and wellbeing.

We provide services and support within communities most affected by health inequalities to:

Increase people's ability to **identify personal priorities** and goals

Increase people's **confidence to make decisions** about their health and wellbeing

Increase people's ability to **act on their decisions**

The increased capacity and better health of individuals leads to a reduction in avoidable health inequalities for them and their communities.

Governance

Strategic Aims - Review of 2023-24 and looking forward to 2024-25

Over the past year, we have continued to deliver against our strategy in four delivery areas:

1. Long-term health conditions, including cancer, mental health and long covid,
2. Pregnancy, birth and early-parenthood,
3. Community Research; and
4. Youth health.

“Health is a state of complete physical, mental and social wellbeing and not merely the absence of disease or infirmity.”

“World Health Organization Constitution Preamble. This is the definition of health which we use in our work.

Our long-term health conditions work specifically includes people living with cancer, mental health conditions and long-covid. However, this year, long covid has *not* been a strong theme arising from community engagement. Whilst we

must assume long covid will disproportionately affect our participants because of the disproportionate nature of COVID-19 infection and its impact on the communities we serve¹, but this focus will be kept under review. The other themes remain of prevalent concerns within the communities we work with.

Our **core approach remains empowering, not imposing**, which allows us to achieve our strategic aims of supporting people to have better health and wellbeing by identifying their own priorities, by increasing confidence around decisions relating to those priorities, and then acting on their decisions.

Financial and digital engagement has been a key delivery area this year thanks to funding from the Santander Foundation. We have been exploring this through our pregnancy, birth and early-parenthood (Sure STEPS) programme. Having a trained and dedicated team to read letters, open online bank accounts, support people to register for benefits or seek debt advice has worked so well, that we are considering how we can integrate the learnings across all our activities. Further information on this is detailed below in our thematic update below

Following the organisational restructure to consolidate and strengthen the organisation for the future, in March 2024 we held a staff / trustee strategy day to consider what we should stop doing, start doing or continue doing. We did not want to stop doing anything! However, to work within our capacity and resources, we agreed that our focus for the year ahead would be to consolidate work in Tower Hamlets by deepening even further our commitment and relationships with all parts of this diverse community where the charity first began. Looking forward we feel confident that we are well placed to continue **direct provision of health-related services and support** to beneficiaries who are

¹ Office for National Statistics (ONS), released 22 February 2023, ONS website, article, [Updating ethnic and religious contrasts in deaths involving coronavirus \(COVID-19\): 24 January 2020 to 23 November 2022](#)

at the greatest risk of health disadvantage, as well as encourage diverse participation in **health research and community engagement**. Alongside this our aim is to look forward to a time of economic stability and to re-grow incrementally our work across other east London boroughs.

Update on priorities from 2023-24 and looking forward to 2024-25

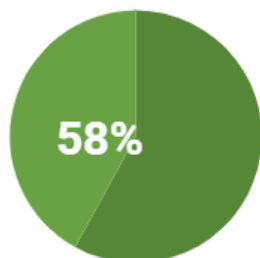
Progress has been made against the priorities set, and these areas remain an ongoing priority to enable us to achieve our strategic aims. Next year, we will be conducting an updated strategy and priority review, especially as we head to 40 years (in 2026) since the charity was founded. For now, work continues to enable the organisation to become more agile, volunteer-and community-oriented in a landscape of constrained funding opportunities and capacity restraints.



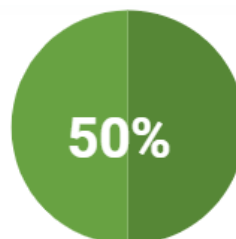
Left: participants attending a cultural walk and visit to the National Gallery

Priorities	Progress
<p>To embed the new strategy, enabling us to address the needs of those most affected by health inequities</p>	<p>This continues to be successful. We are now strong across the organisation in recognising key areas of delivery and need. Strategy review identified that our key areas are still the correct priorities. To work within our reduced team, we are focussing primarily on Tower Hamlets services, followed by Hackney ensuring our portfolio of work is increasingly embedded deeply in our community and aligned with our strategy. We will consider working across other boroughs, but not at the expense of our current work.</p>
<p>To diversify the groups and communities we work with, and to fully reflect the demographics of east London in our</p>	<p>This continues to be partially successful. We have been able to increase diversity across our beneficiary groups, particularly engaging more</p>

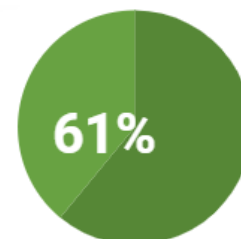
<p>beneficiaries, staff team and Board.</p>	<p>men, more younger people and a more diverse cross-section of communities most affected by health inequalities. However, we have still not fully set up our 'Panel 100' Community Advisory Group because of a lack of capacity and the need to prioritise other delivery / funded work. Also, financial necessity means we have chosen to focus on Tower Hamlets work in the short-medium term. Improving Board Diversity remains a priority.</p>
<p>To continue to improve project management and financial management systems and processes.</p>	<p>This work has continued and we are increasingly using consistent project management, reporting and impact measurement tools across all projects in the organisation.</p>
<p>To measure our impact to be able to better demonstrate and talk about our work.</p>	<p>This has been partially successful. We have introduced much improved mechanisms for capturing data across all projects so enabling the Board to consider organisational progress against high level strategic aims. Additional capacity gained through recruitment of new Board members this year will mean we can establish a new Impact and Strategy Committee to focus on developing this further.</p>
<p>To ensure all staff are accessing opportunities for formal and informal training and learning.</p>	<p>We have continued to make good progress against this priority. As the restructuring settles down, we will seek funding to ensure all staff can receive training and development opportunities across all of our projects and within our core team.</p>
<p>Continue to diversify income streams and increase funding from trusts and foundations.</p>	<p>This remains a priority. We have engaged with a senior fundraiser with expertise in this area to help submit a higher-volume of applications to trusts and foundation funders.</p>
<p>Working towards unrestricted reserves position of £250,000.</p>	<p>The organisation will continue to always to hold minimal reserves of 3 months running and close down costs in line with a wider aim of holding £250,000 as a general position.</p>



58% of participants identify their ethnicity as Asian / Asian British - Bangladeshi



50% of participants were with men - mainly because of our targeted mental health work



61% of participants live in Tower Hamlets

Key areas of work and projects over the past year

Long-term Health Conditions:

We know that there are many factors that result in people experiencing long-term health conditions, and that managing them is complex. Understanding and responding to the specific needs of each community that we work with is central to our approach and success. Over the past year we have run four key projects, all taking slightly different approaches but with the common aim of supporting those most at risk of health inequalities and living with long-term health conditions to identify their own priorities and take positive steps to manage their health in line with these.

1. Good Moves

For 24 years, our Good Moves project has helped people in Tower Hamlets manage their long-term health conditions and overall health. This year, 361 people living with Chronic Kidney Disease, High Blood pressure, diabetes and / or heart disease completed our eight-week course, with fantastic improvements in wellbeing. All tutors are trained and qualified in the evidence-based, Stamford model: Chronic Disease Self-Management Program (CDSMP), now run through the Self-Management Resource Centre (www.selfmanagementresource.com). If we are successful obtaining funding for this work next year (it is open to re-tender every three-five years), we will recruit a new cohort of tutors. All tutors must have their own experience of living with long-term health conditions and be from the communities we serve to ensure that courses are peer-led.

A particular focus this year has been to balance our male / female split of participants. We did this by increasing our delivery in local mosques and providing more courses at the evening and the weekend. Courses were run in four community languages (Bengali, Somali, Cantonese and English). Almost 90% of participants described their wellbeing as low at the start of their Good Moves course. This had reduced significantly to just over 25% by the end of the eight weeks. with a reduction shifting from 'Low wellbeing' to 'Moderate wellbeing' or better over the eight-week course.

"I've really enjoyed coming to these sessions, I wish the sessions could continue. I've learned about exercises and diet, good hydration and feel more able to make decisions or ask for other information to manage my conditions. I will continue to use what I've learned here.

Feedback from participant at Lansbury Mosque Good Moves session

Participant Story – Good Moves

"These sessions have had such a positive impact on me that I've begun telling my friends and family about the benefits they can receive if they join. I told them about the Zoom sessions they could attend from home as well as the face-to-face sessions we have".

Mrs Begum, Good Moves attendee, translated by course facilitator

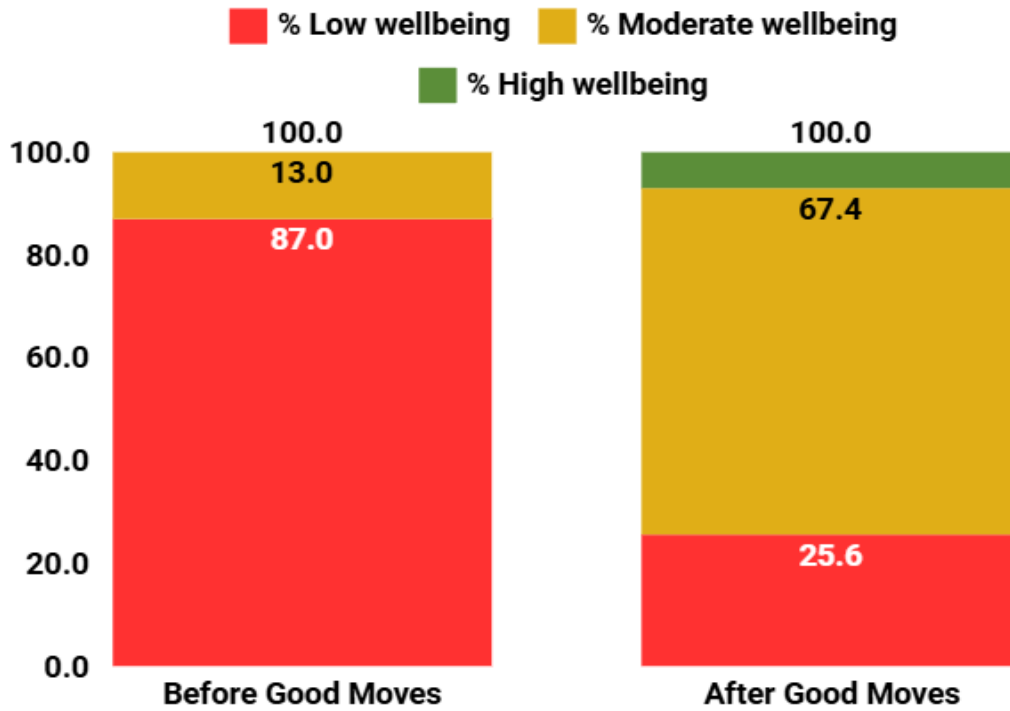
Mrs F Begum is 65 years old. She has twelve children, she currently resides with four of them, including one who struggles with learning difficulties, as well as her son's wife and their children. She lives with high blood pressure, pain, and depression and describes herself as being 'constantly busy' because of her busy household. She was referred to participate in the Good Move program by her GP (social prescriber). She declined at first, saying she was too busy and would not be able to commit herself to an eight-week programme. After having a second conversation with the facilitator directly she agreed to join.

In check in sessions for the first two weeks, she spoke very little and kept many of her thoughts to herself. The facilitator gave her one to one time session after class. This was the first time that Mrs Begum has ever joined a group session. Following encouragement to share ideas and experience on how she is managing her condition, she gradually began to open up more during the check-in session and develop a relationship with her fellow participants.

Slowly, she has been encouraged to deal with the multiple issues she is facing. She wished she had enrolled sooner and has spoken about how much these classes had helped her both mentally and physically. As a result, Mrs Begum has become much stronger, which benefited her entire family.

She has been able to plan and make daily plans to help her improve her physical and mental health because of the action plan, and she has been able to stick to them.

She had been struggling to fall asleep, but our good night sleep method helps her. In order to maintain her fitness and manage pain, she also started controlling her diet and started to increase exercise. She says how much her depression by regularly attending the session and making new friends.



Above: The diagram above shows the poor health of most participants who join our Good Moves programme, and also the benefit to their wellbeing after just eight weeks of attendance. Wellbeing is assessed using the validated Short Warwick-Edinburgh scale.



Left: some participants from the Bangladeshi Association Good Moves course relax at the end of their session

2. Good Friends

Our Good Friends project offers a range of culturally-appropriate, accessible activities throughout the year, which not only offer opportunities for people to come together and meet others from their communities, but also to learn new skills, improve their health and wellbeing outcomes and be part of something positive. Good Friends has supported almost 270 adults this year, a significant increase from the 100 adults we supported last year. In the year ahead, we will be bring the management of some of our other projects, including our men’s mental health work under our Good Friends umbrella.



Above: some of our Circus Skills participants showing off their plate-spinning skills!

Below: quote from one of our Good Friends - Circus Skills attendees

“For me, mental and physical health are very, very strongly linked. Once I start feeling depressed, I start to get colds or chest pains. I could visit the GP or go to A&E, ... or, I can come here and walk away feeling amazing!

Even this morning when I came, I was feeling really down and my chest was feeling bad, but by the end of the session, I feel ready to take on the week.”



Above: Our Good Friends - ESOL walking group for Bangladeshi women wanting to learn English setting out on one of their weekly walks

3. **Our Wellbeing for Black, Asian and Minoritised Ethnic Men** project has played a significant part of our project delivery work this year as we explored different, targeted ways to improve the mental health and wellbeing of Black, Asian and Minoritised Ethnic Men.

In response to the large-scale mental health survey of over 1,000 men (see below, page 22), and the findings from our social support group initiatives, we provided two specific groups for men to support mental health and wellbeing:

- 1) Wellbeing Wednesday Exercise Sessions (Tower Hamlets); and
- 2) Black Men's Coffee and Conversation Club (Hackney).

Sessions began in Tower Hamlets with mostly Bengali participants, where this approach proved effective, and enabled us to highlight the relationship between 'wellbeing' and 'mental health' on a spectrum, as well as create a safe space in which men could explore their own relationships with mental health.

As we expanded the groups to Hackney and a majority Black participant group, we found that being more explicit about offering groups to support with mental health was more effective, and introduced a 'Black Men's Coffee and Conversation Club', specifically inviting men to come and talk

about their mental health. This reflects our 'test and learn' approach to running the activities and knowing that one size does not fit all. We listened to the feedback from participants and tailored the offer to include those activities most effective in engaging each community of men around the topic

of mental health and supporting an improvement in mental health and wellbeing.

“When we talked to each other on Wednesday at Brady Centre and laughing during our exercise and discussion, we forgot our anxiety and stress. It is most beautiful moment.”

Left: Quote from 'Wellbeing Wednesday' participant

Anecdotal feedback from local GPs also confirmed that many people come to them with physical health concerns. When tests do not reveal underlying physical causes, people are often offended and / or confused that stress or other mental health difficulties might be a cause. Being able to refer to culturally appropriate social support groups has been very helpful for the GPs, not only for the activity but also because they know the topic of mental health will be broached and explained and explored in a gentle and appropriate way. For this to continue, funding for community based social support activities also must continue as priority and be recognised as a valuable contribution to the health economy.

Below: Men exercising at 'Wellbeing Wednesday' at the Tramshed Community Centre, before relocating to the Brady Centre





Left: fond farewell from our Pembury Group to Dan as he relocated outside of London

Pregnancy, Birth and Early Parenthood including Financial and Digital Wellbeing



Sure STEPS

Support Through Early Parenting Scheme

Sure STEPS is our programme which provides support to parents of children under five, recognizing the preventable health inequalities which exist around pregnancy, birth, and in the 1001 first 'critical days'. We feel strongly that the more we can support mothers during this time, the better they will be able to support themselves and their families, ensuring the best health and life chances possible.

Thanks to sustained funding from the Santander Foundation, this year we have been building on the success of our Sure STEPS programme to move to a physical hub model of provision. Previously, we were running coffee mornings, financial workshops in the community and providing 1-2-1 peer support, but the consistent presence in the community of the physical hub has enabled us to incorporate more practical support (lunch, food bank and baby bank referrals) into our offer. It has also enabled us to expand our volunteering opportunities, particularly people with limited English and who are not confident to provide 1-2-1 support.

We adapted the financial workshop material we were providing previously into three micro sessions (20 minutes each) delivered by two team members (one speaking Bengali and the other, English) in an interactive way whilst the mothers look after the children on the play mats. Once a month, we have more in-depth workshop. We also now have a 'financial and digital corner' where mothers can speak privately about their situation and get personalised support. We finish each hub session with a healthy lunch. This has been particularly welcome in the current cost-of-living crisis, and we know the benefit that comes from having a shared meal especially for stressed mothers in complicated and exhausting circumstances.





Above: 'Financial and Digital Corner' provides information and referrals for all Sure STEPS attendees



Above right: volunteers preparing lunch for attendees at the Sure STEPS hub



Left: new Sure STEPS volunteers proudly display their volunteer badges.

Participant Story – Sure STEPS

“It was important for me to do something different, to get out of the house as I started to feel quite lonely and isolated...

“Nowadays, I am not scared of new challenges though as the programme has given me the confidence and faith to believe in myself.”

Sure STEPS volunteer

[A.] was recruited as a volunteer in February 2023. She describes herself as being a housewife and stay-at-home Mum for years. She has four children and had been looking for opportunities to leave the house, to do something different than just household chores, as her children are now older and do not need around the clock care.” It was important for me to do something different, to get out of the house as I started to feel quite lonely and isolated.”

Her friend told her about volunteering and convinced her to join the peer support training. Once on the training she got really interested in what the programme is doing as she feels it is very important to support others and also found she was being supported herself. “One of the things that was very important for me was that I could speak and practice English (as my husband doesn’t allow it at home).”

Through the programme she has felt increasingly confident and more open to talk to people. Before joining the programme, she found starting a conversation with strangers was impossible. Now she can do it and says: “I am happy to do outreach, happy to meet and greet mums that come to the sessions, and I feel that I am gaining the confidence that I need to build and improve my communication skills”. She feels motivated to be part of the team, feels very welcome and likes the community that the team have created. She describes how her children are very supportive in what she is doing and are happy for her. They have said I have changed in a positive and good way. “They see me smiling more and are happy to see me doing something for myself and going outside of the house.”

She feels like the training and volunteer placement at the weekly hub has given her opportunity to grow and also the confidence that she can now bring into her day-to-day life. “I am looking for more challenges to grow and build my skills. I have looked into learning and in adult education training which I am really happy about.” Not all her family is supportive, but she now feels she has the strength to carry on and stand up for herself.

[A.] describes how she really likes working with children, she used to work as a teaching assistant (years ago) and maybe that is what she would like to go back to in the future. She wants to do more courses, but she feels she needs more help with IT (replying to emails etc.). Nowadays, she is not scared of new challenges though as the programme has given her the confidence and faith to believe in herself.

Youth Engagement

One of our key strategic areas is to grow our work in youth health and engage with a younger cohort. This was only successful to a limited extent this year. We have engaged with younger people through Sure STEPS and at our Men's Mental health events, but have not made as much progress as hoped in this specific area. We did however secure funding for the year 2024-25 to start a gym project in Hackney to enable young men to access the gym for free to improve their physical and mental health.



FREE Gym Sessions
Open to men aged 18 to 25
Led by experienced facilitators
Drop- in and stay for a chat

Mondays 1 pm - 3 pm
Queensbridge Sports and Community Centre
30 Holly St, E8 3XW

 For more information call, message 07944 966 141
visit <https://www.safh.org.uk/wellbeing-for-men>,
scan the QR code or just turn up!

 **Social
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wellbeing**

Community Research and Engagement

Ensuring involvement of people most affected by health inequalities in academic, medical and health research is a key part of our strategy and one of the ways we champion the case for change. Community Research has been a very important part of our work this year. We have built trusting relationships with researchers and communities and broker mutually beneficial relationships between the two to ensure impactful community research.

“I learnt that I could tell and show people my feels by drawing or even colouring even though I don’t know how to speak English.”

AI Multiply Research Participant
(told to community facilitator / translator)

Community Research highlights this year have included:

- Our large-scale community project with **minoritised ethnic men exploring mental health** (see below)
- Running a series of **community art workshops** to explore how artificial intelligence (AI) might support diagnosis, prevention and outcomes for people living with at least two long-term health conditions and taking multiple medications. Our role as part of the **AI Multiply consortium** is to ensure the voices of patients most at risk of health inequalities and from diverse communities are included in all aspects of the research.
- Continuing our collaboration with Queen Mary University of London including on the **Genes and Health** research study
- Facilitating a range of **focus groups** between health professionals and researchers with the community, exploring topics such as:
 - accessing GP through a translator
 - living with cancer and support post-Cancer for non-English speakers; and
 - sugar and salt in food
 - vaccination awareness and acceptability
- Presenting alongside **Professor Michael Marmott** at a talk about social determinants of health, and presenting our work as a partner of the **HARP Fellowship** programme. Details can be found at harpphd.org
- Working with Lime Green Consultancy to refresh our ethics and costing model to ensure research can be carried out to the standard we expect and bring the benefits we strive for
- Working with Museum of London Archaeology (MOLA) to run a series of workshops with participants exploring awareness of archaeology in communities underrepresented in community initiatives



Left and below: AI Multiply Art workshops. The visual minutes (below) ensured participant discussions were captured and enabled us to revisit themes and make recommendations.



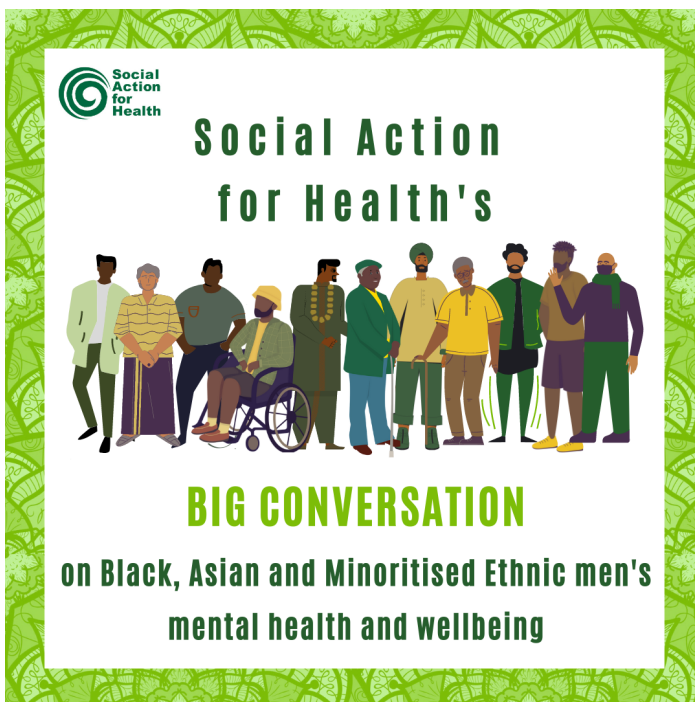
Below and Right Attending DERI at QMUL for AI Multiply online PPIE meeting with our PPIE group in Newcastle



Alongside our academic community research, we were fortunate to have funding to complete our own community research **driven from our community insight on Minoritised Ethnic Men's Mental Health**. Funded by Johnson & Johnson, this funding allowed a large-scale, multi-faceted approach to research and delivering social support groups seeking to support and improve minoritised ethnic men's mental health, whilst learning more about the challenges and realities of this issue. Our work was focused in Tower Hamlets and Hackney and involved engaging with more than 1,000 men on this topic. **The Executive Summary and full report of our research can be found on our website:** www.safh.org.uk/minoritised-ethnic-mens-mental-health

Key themes emerging:

- **Religion and spiritual beliefs:** religion and spiritual beliefs cannot be separated from the conversation around minoritised ethnic men's mental health.
- **Trust:** trust is vital to engage communities around such a sensitive topic. Trust has to be earned and a relational approach is key. Stigma of poor mental health is key.
- **Perception of mental health:** mental health challenges are seen as so much part-and-parcel of everyday life, that many people do not see them as something that could be improved.
- **Options:** availability of varied activities to support people to maintain positive mental health is key. No two experiences are the same.
- **Community:** There is potential for the community to play a big role in helping to support people, although it can also present a barrier.
- **People want to talk about mental health,** but conversations are not normalised and there isn't (yet) the language to discuss this topic openly and fully.



Left: Flyer design used throughout our men's mental health research



Community Research feedback events in Hackney (above) and Tower Hamlets (below) discussing the findings of our men's mental health report, thanking participants for their input and asking if we had it right before using it for our own work and to make recommendations to others.





Left, and below: some of our survey teams out and about in Hackney and Tower Hamlets investigating mental health in minoritised ethnic men. We had detailed conversations with more than 1,00 men from minoritised ethnic backgrounds on this topic.



A key part of our work is engaging in our community to ensure we are responding to community priorities, taking health information out to communities and championing the case for change. There are too many events, strategy meetings and other events to mention but here are some highlights.

Right and below: team members on a sunny day at the QMUL Festival of Communities asking for feedback on health priorities and recruiting people to our programmes



Below: photograph from Parliament TV - CEO Ceri Durham giving evidence at the Parliamentary Inquiry into Men's Health in March 2023



Left: Social Action for Health promoting a Community Health day and sharing vaccination recommendations to local business

Community Health Days

In autumn 2023 NHS England (NHSE) launched a new national Vaccination Strategy covering Covid, flu and routine immunisations. NHSE commissioned Social Action for Health to organise and host a series of three community health days in east London, primarily aimed at the Bangladeshi population, who had had the highest rate of COVID-19 mortality compared to all other ethnic groups during the second wave of the pandemic.

We planned, set up and co-ordinated three days choosing venues and times popular with local communities: East Ham (Newham), Chrisp Street (Tower Hamlets) and Whitechapel (Tower Hamlets). We arranged vaccination teams and other community health teams to take blood pressure and blood sugar readings, as well as provide other health information and referrals.

The events were very popular and effective. We will seek specific funding to be able to hold similar events on an ongoing basis.

Key Figures

Number of attendees	481
Number of Covid vaccines administered	41
Number of Flu vaccines administered	26
Number of blood pressure readings taken	143
Number of blood sugar readings taken	50
Number of NHS App introductions	37

The following key themes emerged from the community teams and participant insight:

- i. **Difficulty of access to GP appointments** – this was discussed time and again across all locations.
- ii. **Community Health Days are popular** - The convenience of being able to accommodate a quick health check in a visible place was seen as an easy and efficient way to monitor health concerns. We noted in particular that the weekday in Chrisp Street library and market was very well received and attended by market stall holders, street cleaners and council staff with a higher percentage of working aged men seen that day. This group commented on how difficult it is for shift workers and those on anti-social hours to access healthcare in standard times.
- iii. **NHS App** - The difficulty of being expected to navigate services through the App with poor digital skills and limited English, was expressed by many.
- iv. **Language Preference** - it was also widely commented from participants that verbal receipt of information from a trusted source, was preferable to poorly translated documents. Very simple information in English with accompanying graphics has more value than poorly translated language in text.



Left: Social Action for Health team with a local Newham Councillor at East Ham library



Above: Members of the public receiving vaccine and health information in Whitechapel library

Below: Social Action for Health team with stall facilitator from Lumi Nova at Chrisp Street library

Social Action for Health's
Community Health Day
 Stay Well this Winter

Join us at our FREE, fun, interactive day.
Free health checks.
Covid & Flu Vaccination – drop in!
No need to book.

Wednesday 18th October

11:00 AM – 3:00 PM,
Idea Store Chrisp Street,
 1 Vesey Path, East India Dock Road,
 E14 6BT

FREE fruit and goodie bags



Left: flyer for our Community Health Day in Chrisp Street, Tower Hamlets

Thank you to all our funders and supporters

We extend our deepest gratitude to all our generous donors and supporters who have funded our work this year, whether financially or in significant pro bono support and capacity. Your contributions have been invaluable in helping us pursue our mission and make a lasting impact in the community.

Every donation and funded opportunity, whether large or small, has played a crucial role in driving our initiatives forward, allowing us to reach more individuals and create positive change. We are inspired by your commitment to our cause and are profoundly thankful for your partnership in this journey. Together, we are making a difference, and we look forward to building on this momentum in the year ahead.

- Bryan Cave Leighton Paisner LLP
- Compass Wellbeing CIC
- Compost London
- East End Community Foundation
- Equality Ltd
- Garfield Weston Foundation
- Harmony Community Projects
- Johnson & Johnson
- London Borough of Tower Hamlets
- Money A&E
- Museum of London Archaeology (MOLA)
- Newcastle University
- NHS England
- NHS North East London ICB
- Octopus Foundation
- Places for People Group Limited
- Queen Mary University of London
- Rooted Finance
- Sports Works
- St Margaret's House
- The Santander Foundation
- Tower Hamlets CVS
- University College London
- University of Birmingham

We have also worked with numerous other organisations, community partners, schools, mosques, GP surgeries, local authorities, healthcare practitioners, academics, volunteers and advisors in different capacities who have hosted us, shared staff resources with us, guided us our work and encouraged us in our mission. Thank you so much.

Financial review

As indicated elsewhere, 2023-24 was a year in which Social Action for Health carried out a significant restructuring in an effort to ensure financial sustainability for the future in an increasingly difficult financial environment.

	Income	Expenditure	Surplus / (Deficit)
Budget 2023-24	£462,501	£700, 207	(£237,706)
Actual 2023-24	£336,938	£573,805	(£236,867)

Even though a very cautious deficit budget had been set for 2023-24 with the intention to rely on reserves to fund projects, the ongoing financial uncertainty of reduced income and requirements for cost-of-living pay increases for staff, led to the trustees making the difficult decision to reduce core headcount and associated costs. Expenditure for 2023-24 was very tightly managed and as people left through natural attrition, they were not replaced in anticipation of the restructuring. Overall, this led to a deficit, which was slightly less than originally planned, and with sufficient reserves to ensure the organisation remained in compliance with its reserves policy throughout.

Despite the upheaval and changes of the restructure, projects were able to continue as planned and the performance of the Charity remained on track. This was only possible because of the dedication, professionalism and passion of staff who continued to put the needs of our participant community first, despite their own uncertainties at this challenging time.

All redundancy and related payments for the restructuring were made in 2023-24 financial year. Redundancy payments totalled £40,110.

Income for 2023-24 was lower than 2022-2023 (2024: £336,938, 2023: £684,273), particularly for restricted funds (2024: £83,888, 2023: £367,638). Restricted income received in prior years enabled us to offer some large-scale projects over the year and revisit our fundraising strategy in light of our new organisational structure. The trustees are confident that the fundraising strategy can continue as planned and have engaged a new senior fundraiser to support with this work.

The Charity remains in a good cash and reserves (unrestricted and restricted) position in 2024-25. The reserves policy remains the same (see below). Post-restructuring the Charity needs to hold lower unrestricted reserves as there is a reduced core team and thus fewer associated liabilities (2024: £100,000, 2023: £137,746). The key financial risk for the year ahead remains the achievability of budgeted income as the year progresses.

During the year there was no non-compliance of Fundraising regulations and codes and Social Action for Health received no complaints relating to its fundraising practice.

Total reserves at March 2024 were £275,196 (2023: £512,063) of which £168,677 was unrestricted (2023: £267,720). This is higher than the minimal amount of £100,000 which the Trustees have identified as the minimum to hold in line with the reserves policy.

Reserves policy

The organisation always aims to hold at least three months of minimal running costs plus redundancy and related costs as unrestricted reserves in the event a closure is required. This amount has been calculated as £100,000 for financial year 2024-25. The trustees have agreed that it will continue to be prudent to continue to aim to hold £250,000 unrestricted funds – as agreed

historically, and representing at least six months of funds - but that provided the minimal amount is held, this will be sufficient to support continuity and sustainability through organisational, economic and political uncertainty. Reserves above £100,000 may be used to ensure continuity of community services and support as reasonably practicable, but in line with previous years, reserves will not be used to subsidise contracted service delivery.

Going concern basis of accounting

Proactive, day-by-day cash flow management alongside contract and resource management ensures that Social Action for Health is a going concern. In the short term, this is supported by good cash reserves, cash flow management based on committed contractual income and risk assessed new income. Cash flow is forecast to remain positive until at least December 2025. Looking further into the future, the plan is for the organisational income and the unrestricted reserves to increase. This will lead to the charity being in a more financially stable and sustainable position and able to take on more projects which respond to community insights in line with organisational strategy.

The trustees have considered the underlying assumptions; the level of confirmed funding agreed at the date of approval of these accounts and assessed the financial position for reasonableness. The trustees have considered whether there are any material uncertainties that may cast doubt on the charity's ability to continue to adopt the going concern basis of accounting for a period of at least twelve months from the date when the financial statements are authorised for issue.

The trustees are satisfied that although funding needs to increase in the year ahead and is likely to be challenging in light of the cost-of-living crisis, falling funding levels and difficulty recruiting a fundraiser, our pattern of work and income combined with plans to restructure the organisation, will ensure that the organisation remains a going concern. These actions combined with continued careful management, mean that there are no such material uncertainties that the charity will not be able to meet its liabilities when they become due.

Income and expenditure management including cash-flow and scrutiny of reserves will be completed monthly by the Treasurer, the Finance and Governance Committee and at quarterly board meetings to ensure that appropriate actions can be taken to manage the finances in the short and longer-term.

Principal risks and uncertainties

The Trustees are satisfied that this process and the operational and governance processes in place, to manage risks are adequate and appropriate and that mitigation measures are being taken as necessary. The key risks and mitigation measures are summarised below.

The Trustees have considered what risks the charity faces and believe these to be principally relating to uncertainty of long-term funding for the organisation and the knock-on consequences this may have, including not having sufficient skills, language and time capacity within the staff team to meet the needs of the communities we serve.

Risks	Mitigations
<p>1. Unable to generate sufficient income to cover desired charitable activities, especially over the longer-term in a competitive and</p>	<p>Mitigation: Continue to operate with a smaller core team and to work with experienced fundraiser to submit high-quality applications for longer-term,</p>

challenging funding environment.	larger-scale funding from trusts and foundations. Continue to pursue contractual income alongside trusts and foundation applications.
<p>2. Personnel risk – key personnel in small core team would leave operating difficulties in the event of death, sudden illness or resignation. Skills, language and time capacity within the staff team are required to meet the needs of the communities we serve.</p>	<p>Mitigation Ensure three-month notice periods for senior managers. Ensure core team members are aware of all processes and operating procedures.</p> <p>HR task group to be established by the Board, together with wider involvement of trustees to support the CEO in finance and operational procedures. Board and CEO will keep staff remuneration under review to ensure paying in line with market rate so that talent can be recruited and retained. Ensure review of work levels and support for staff at all levels.</p> <p>Continue to seek long-term funding which enables recruiting, training and relationship building with community facing staff team and for people from diverse cultural backgrounds to become senior leaders.</p>
<p>3. Trustee and staff skill mix does not reflect balance of community insight and lived experience with professional board and management skills</p>	<p>Mitigation – Board Development is a priority based on regular skills and diversity audits of board and of the staff team. In recruitment, recruit to reflect gaps and train all trustees on obligations. Continue to work towards setting up Community Advisory Group and continually aim to ensure diversity, genuine community engagement, language mix and lived experiences is embedded at all levels of the organisation.</p>
<p>4. Unrestricted reserves fall below reserve policy level</p>	<p>Mitigation - Board has established a Finance and Governance Committee to monitor the financial position with the CEO and Treasurer. Continue with approach of maintaining a very small core team to ensure lowest possible close-down costs combined with fundraising priority as set out above.</p>
<p>5. Safeguarding and health and safety of staff, volunteers and participants.</p>	<p>Mitigation Ensure safeguarding and health and safety is kept front and centre of all project planning. Annual safeguarding training for the entire organisation (including trustees) and ongoing training and monitoring of health and safety obligations and risk assessments in general and as appropriate for projects. Designated Board member responsible for safeguarding. Health and</p>

	Safety and Safeguarding included as standing item at all Board meetings. Respond to risks identified as appropriate.
6. Data Breach and Cyber Security breach	Mitigation Continue to have robust IT and related systems in place and work with suitable external IT advisor. Carry out Data Protection Impact Assessments on all projects and respond to risks identified as needed. Continue to maintain Cyber Essentials certification.

Structure, governance and management

Trustees take overall responsibility for the strategic direction of the organisation as well as ensuring a good legal and good practice framework underpins their role as the employer of staff. The whole board meets at least quarterly and a number of Board Committees / small working groups have been established to enable trustees to contribute skills and knowledge to support the CEO operationally and with specific challenges.

The Board has a Chair, Deputy Chair and Treasurer and have also recently appointed a Board Secretary to support governance and administration of board business. Succession planning is being kept under review and a new group of four trustees has recently been appointed with the intention of serving at least a three year term. This has helped strengthen board capacity and address specific gaps in terms of skills. There is still more to be done to monitor and address the diversity of the Board. The new appointments were specifically recruited to ensure links to Tower Hamlets and surrounding areas, but further work is now required to ensure representation on our Board of the diversity of our local communities and the participants we serve.

Trustees are invited to attend relevant training as well as sharing learning and skills through facilitated sessions and joining external charity governance support organisations. Financial training for trustees continued this year and more training is planned over the year ahead. Additional training will be offered on safeguarding and other areas of interest / good practice as the need arises to ensure the skills of the Board remain relevant and up-to-date.

Ceri Durham remains as CEO to lead a team of staff, sessional staff and volunteers to ensure strategic and business development in line with trustee decision as well as service and operational delivery in line with Social Action for Health’s charitable objectives. Legally indemnified HR expertise is provided by Mentor.

The organisation is a charitable company limited by guarantee, incorporated on 19 July 1994 and registered as a charity on 31 August 1994.

The company was established under a memorandum of association which established the objects and powers of the charitable company and is governed under its articles of association.

All trustees give their time voluntarily and receive no benefits from the charity. Any expenses reclaimed from the charity are set out in Note 8 to the accounts.

Remuneration policy for key management personnel

We do a market review to set a pay banding for each type of role. The rate employees are paid within this band is based on experience and performance. Trustees approve pay banding and agree remuneration for the CEO.

Appointment of trustees

Trustees are recruited through an advertisement and interview process with the aim of ensuring an effective mix of skills, experience and network connections. There are currently no constitutional provisions for specific trustee appointments.

One new trustee – Tatyana Karpinskaya – was appointed during 2023-24 and appointed as treasurer of Social Action for Health. Four new trustees have been appointed in financial year 2024-25 on 17 September 2024.

Related parties and relationships with other organisations

Social Action for Health has a wide range of stakeholders and partnerships that are detailed in our contracting and subcontracting relationships. We work in several informal partnerships and actively pursue a collaborative way of working with other community-based organisations. However, these are not formally contracted and rely on memorandums of understanding and mutual trust and understanding on both sides. A list of parties who have funded our work is set out below.

Public Benefit

The trustees confirm they have complied with the guidance contained in the Charity Commission's general guidance on public benefit in section 4 of the Charities Act 2011 when reviewing the Charity's aims and objectives and in planning its future activities. In particular, the Trustees consider how planned activities will contribute to the aims and objectives that have been set.

Statement of responsibilities of the trustees

The trustees (who are also directors of Social Action for Health for the purposes of company law) are responsible for preparing the trustees' annual 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 and fair view of the state of affairs of the charitable company and of the incoming resources and application of resources, including the income and expenditure, of the charitable company for that period. In preparing these financial statements, the trustees are required to:

- Select suitable accounting policies and then apply them consistently
- Observe the methods and principles in the Charities Statement Of Recommended Practice (SORP)
- Make judgements and estimates that are reasonable and prudent

- State whether applicable UK Accounting Standards and statements of recommended practice have been followed, subject to any material departures disclosed and explained in the financial statements
- Prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in operation

The trustees are responsible for keeping adequate accounting records that disclose with reasonable accuracy at any time the financial position of the charitable company and enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the charitable company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

The trustees are responsible for the maintenance and integrity of the corporate and financial information included on the charitable company's website. Legislation in the United Kingdom governing the preparation and dissemination of financial statements may differ from legislation in other jurisdictions.

Members of the charity guarantee to contribute an amount not exceeding £1 to the assets of the charity in the event of winding up. The total number of such guarantees at 31 March 2024 was 7. The trustees are members of the charity but this entitles them only to voting rights. The trustees have no beneficial interest in the charity.

Independent Examiner

Shruti Soni was appointed as the charitable company's independent examiner during the year.

The trustees' annual report has been approved by the trustees on 16 December 2024 and signed on their behalf by

A handwritten signature in black ink on a light pink rectangular background. The signature reads "Karin Pappenheim" in a cursive script.

Karin Pappenheim

Chair

Independent Examiner's Report to the Trustees of Social Action for Health

I report to the charity trustees on my examination of the accounts of the company for the year ended 31 March 2024 which are set out on pages 36 to 48

Respective responsibilities of the Board of Trustees and examiner

As the trustees of the charitable 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'). You are satisfied that the accounts of the Company are not required by charity or company law to be audited and have chosen instead to have an independent examination.

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 the Company's accounts 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 the ICAEW 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 that in any material respect:

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.

Shruti Soni

Shruti Soni

Shruti Soni Ltd
117a St Johns Hill
Sevenoaks, TN13 3PL

Date: 16. December. 2024.....

SOCIAL ACTION FOR HEALTH

STATEMENT OF FINANCIAL ACTIVITIES

(Incorporating Income and Expenditure Account & Statement of Total Realised Gains and Losses)

For the year ended 31 March 2024

	Note	Unrestricted Funds 2024 £	Restricted Funds 2024 £	Total Funds 2024 £	Unrestricted Funds 2023 £	Restricted Funds 2023 £	Total Funds 2023 £
INCOME FROM							
Donations and legacies	2	20,870	56,844	77,714	1,190	364,100	365,290
Charitable activities	3	202,649	27,044	229,693	272,441	3,538	275,979
Investment income: bank interest		3,699	-	3,699	1,653	-	1,653
Other income		25,832	-	25,832	41,351	-	41,351
TOTAL INCOME		253,050	83,888	336,938	316,635	367,638	684,273
EXPENDITURE ON:							
Raising funds	4	12,667	-	12,667	20,168	37,885	58,053
Charitable activities	4						
Consultancy, Management and Training		5,706	-	5,706	3,448	-	3,448
Community Health Research		58,866	22,838	81,704	41,538	11,522	53,060
Long Term Conditions Support		243,227	138,804	382,031	117,948	311,274	429,222
Pregnancy, Birth and Early Parenthood		9,796	35,951	45,747	30,125	9,012	39,137
Youth Health		-	-	-	17,251	10,094	27,345
Financial and Digital Wellbeing		21,831	24,119	45,950	13,703	18,331	32,034
Project Development and New Initiatives		-	-	-	502	-	502
		339,426	221,712	561,138	224,515	360,233	584,748
TOTAL EXPENDITURE		352,093	221,712	573,805	244,683	398,118	642,801
Net income / (expenditure) for the year before transfers		(99,043)	(137,824)	(236,867)	71,952	(30,480)	41,472
NET INCOME/(EXPENDITURE) FOR THE YEAR		(99,043)	(137,824)	(236,867)	71,952	(30,480)	41,472
RECONCILIATION OF FUNDS							
TOTAL FUNDS AT 1 APRIL 2023		267,720	244,343	512,063	195,768	274,823	470,591
TOTAL FUNDS AT 31 MARCH 2024		£ 168,677	£ 106,519	£ 275,196	£ 267,720	£ 244,343	£ 512,063

All income and expenditure has arisen from continuing activities

The annexed notes form part of these financial statements

SOCIAL ACTION FOR HEALTH
(company limited by guarantee number 02954744)

BALANCE SHEET
(company limited by guarantee number 02954744)
As at 31 March 2024

	Notes	2024	2023
		£	£
FIXED ASSETS			
Tangible assets	11	2,328	6,318
CURRENT ASSETS			
Debtors	12	9,023	68,240
Cash at bank and in hand		317,894	451,288
		<u>326,917</u>	<u>519,528</u>
CREDITORS: amounts falling due within one year	13	(54,049)	(13,783)
NET CURRENT ASSETS		<u>272,868</u>	<u>505,745</u>
NET ASSETS		<u>£ 275,196</u>	<u>£ 512,063</u>
FUNDS			
Restricted funds	14	106,519	244,343
Unrestricted funds	14	168,677	267,720
		<u>£ 275,196</u>	<u>£ 512,063</u>

For the year ended 31 March 2024 the Company was entitled to exemption under section 477 of the Companies Act 2006 relating to small companies.

Directors responsibilities:

- (i) The members have not required the Company to obtain an audit of its accounts for the year in question in accordance with section 476;
- (ii) The directors acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of accounts.

The financial statements have been prepared in accordance with 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 2019) - (Charities SORP FRS 102), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Companies Act 2006.

These financial statements have been prepared in accordance with the provisions applicable to charitable companies subject to the small companies regime.

They were approved, and authorised for issue, by the Board of Trustees on 16 December 2024 and signed on their behalf by:-



KARIN PAPPENHEIM (Chair)

The annexed notes form part of these financial statements

SOCIAL ACTION FOR HEALTH

STATEMENT OF CASHFLOWS
For the year ended 31 March 2024

	2024		2023	
	£	£	£	£
Cash flows from operating activities		(236,867)		41,472
Add back depreciation		3,990		3,990
Net cash provided by / (used in) operating activities				
(Increase)/decrease in debtors	59,217		34,472	
Increase/(decrease) in creditors	40,266		(177,608)	
		99,483		(143,136)
Cash flows from investing activities				
Purchase of fixed assets		-		-
Change in cash and cash equivalents in the year		(133,394)		(97,674)
Cash and cash equivalents at the beginning of the year		451,288		548,962
Cash and cash equivalents at the year end		317,894		451,288

NOTES TO THE FINANCIAL STATEMENTS

For the year ended 31 March 2024

1. ACCOUNTING POLICIES

Basis of preparation of financial statements

The accounts have been prepared under the historical cost accounting rules, and in accordance with 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 2019) - (Charities SORP FRS 102), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Companies Act 2006.

Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy or note.

Judgements and key sources of estimation uncertainty are detailed in the accounting policies where applicable.

Public benefit entity

The charitable company meets the definition of a public benefit entity under FRS 102.

Going concern

The Trustees consider that there are no material uncertainties about the charitable company's ability to continue as a going concern. Key judgements that the charitable company has made which have a significant effect on the accounts include estimating income and expenditure for the next 12 months, in particular the economic impact of the Covid 19 pandemic.

Income

Income is recognised when the charity has entitlement to the funds: this is when any performance conditions attached to the income have been met, it is probable that the income will be received, and that the amount can be measured reliably.

Income from government and other grants, whether 'capital' grants 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 reliably and is not deferred.

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 by the executor(s) to the charity that a distribution will be 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 asset and disclosed if material.

Income is only deferred when: the donor specifies that the grant or donation must only be used in future accounting periods; or for performance related grants, where these are received in advance of the performances or specific event to which they relate.

NOTES TO THE FINANCIAL STATEMENTS

For the year ended 31 March 2024

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.

Company status

Social Action for Health is a company limited by guarantee. In the event of the Charity being wound up, the liability in respect of the guarantee is limited to £1 per member of the Charity.

Fund accounting

Restricted funds are to be used for specific purposes as laid down by the donor. Expenditure which meets these criteria is charged to the fund.

Unrestricted funds are donations and other incoming resources received or generated for the charitable purposes.

Designated funds are unrestricted funds earmarked by the trustees for particular purposes.

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. Irrecoverable VAT is included within expenditure, which is classified under the following activity headings:

Fundraising costs

Costs of raising funds relate to the costs incurred by the charitable company in inducing third parties to make voluntary contributions to it, as well as the cost of any activities with a fundraising purpose.

Charitable activities

Expenditure on charitable activities includes the costs of delivering services and reading activities undertaken to further the purposes of the charity and their associated support costs.

Other expenditure

Other expenditure represents those items not falling into any other heading.

NOTES TO THE FINANCIAL STATEMENTS

For the year ended 31 March 2024

Allocation of support costs

Resources expended are allocated to the particular activity where the cost relates directly to that activity. Staff costs are stated on the basis of staff time. Support costs which cannot be directly attributed to charitable activities are allocated in proportion to staff costs.

Where information about the aims, objectives and projects of the charity is also provided to potential donors, activity costs are apportioned between fundraising and charitable activities on the basis of the area of literature occupied by each activity.

Operating leases

Rental charges are charged on a straight line basis over the term of the lease.

Tangible fixed assets and depreciation

Tangible fixed assets (excluding investments) are stated at cost less depreciation. The cost of minor additions or those costing less than £1,000 are not capitalised. Other fixed assets with an expected life of more than one year are included at cost and depreciated over four years.

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.

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. Cash balances exclude any funds held on behalf of service users.

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.

The charity only has financial assets and financial liabilities of a kind that qualify as basic financial instruments. Basic financial instruments are initially recognised at transaction value and subsequently measured at their settlement value with the exception of bank loans which are subsequently measured at amortised cost using the effective interest method.

Pensions

The charity operates a defined contributions pension scheme, which is a Group Stakeholder Pension Scheme. During the year, the charity contributed up to 3% of gross pay for all staff. The contributions made during the year are treated as an expense and were £6,506 (2023 - £10,075).

SOCIAL ACTION FOR HEALTH

NOTES TO THE FINANCIAL STATEMENTS
For the year ended 31 March 2024

2. DONATIONS AND LEGACIES

	Unrestricted Funds 2024 £	Restricted Funds 2024 £	Total Funds 2024 £	Unrestricted Funds 2023 £	Restricted Funds 2023 £	Total Funds 2023 £
Trusts & foundations	20,500	45,250	65,750	-	364,100	364,100
Local authority and NHS grants	-	10,394	10,394	-	-	-
Corporates	-	1,200	1,200	1,000	-	1,000
Other donations	370	-	370	190	-	190
	<u>£ 20,870</u>	<u>£ 56,844</u>	<u>£ 77,714</u>	<u>£ 1,190</u>	<u>£ 364,100</u>	<u>£ 365,290</u>

3. INCOME FROM CHARITABLE ACTIVITIES

	Unrestricted Funds 2024 £	Restricted Funds 2024 £	Total Funds 2024 £	Unrestricted Funds 2023 £	Restricted Funds 2023 £	Total Funds 2023 £
Consultancy, Management and Training	35,886	-	35,886	9,001	-	9,001
Long Term Conditions Support	112,249	-	112,249	189,208	3,538	192,746
Community Health Research	53,181	27,044	80,225	63,849	-	63,849
Pregnancy, birth and early parenthood	-	-	-	5,000	-	5,000
Project Development and New Initiatives	1,333	-	1,333	833	-	833
Youth Health	-	-	-	4,550	-	4,550
	<u>£ 202,649</u>	<u>£ 27,044</u>	<u>£ 229,693</u>	<u>£ 272,441</u>	<u>£ 3,538</u>	<u>£ 275,979</u>

SOCIAL ACTION FOR HEALTH

NOTES TO THE FINANCIAL STATEMENTS
For the year ended 31 March 2024

4. ANALYSIS OF EXPENDITURE

	Staff costs £	Direct costs £	Support & governance £	Total 2024 £	Total 2023 £
Consultancy, Management and Training	1,665	3,438	603	5,706	3,448
Community Health Research	51,808	11,150	18,746	81,704	53,060
Long Term Conditions Support	261,784	25,522	94,725	382,031	429,222
Pregnancy, Birth and Early Parenthood	27,019	8,951	9,777	45,747	39,137
Youth Health	-	-	-	-	27,345
Project Development and New Initiatives	-	-	-	-	502
Financial and Digital Wellbeing	32,261	2,016	11,673	45,950	32,034
	<u>374,537</u>	<u>51,077</u>	<u>135,524</u>	<u>561,138</u>	<u>584,748</u>
Fundraising	3,175	8,343	1,149	12,667	58,053
Support & governance	49,743	86,930	(136,673)	-	-
	<u>£ 427,455</u>	<u>£ 146,350</u>	<u>£ Nil</u>	<u>£ 573,805</u>	<u>£ 642,801</u>

2023

	Staff costs £	Direct costs £	Support & governance £	Total 2023 £
Consultancy, Management and Training	541	2,457	450	3,448
Community Health Research	27,063	3,469	22,528	53,060
Long Term Conditions Support	210,795	42,957	175,470	429,222
Pregnancy, Birth and Early Parenthood	19,655	3,121	16,361	39,137
Youth Health	13,005	3,514	10,826	27,345
Project Development and New Initiatives	274	-	228	502
Financial and Digital Wellbeing	16,171	2,402	13,461	32,034
	<u>287,504</u>	<u>57,920</u>	<u>239,324</u>	<u>584,748</u>
Fundraising	11,003	37,891	9,159	58,053
Support & governance	121,022	127,461	(248,483)	-
	<u>£ 419,529</u>	<u>£ 223,272</u>	<u>£ Nil</u>	<u>£ 642,801</u>

During the year, the charity has reviewed and updated the naming of its charitable activities to better reflect its work. These accounts are presented on the basis of these reclassifications, and the comparatives have been updated to match.

Of the total expenditure, £352,093 was unrestricted (2023 - £244,683) and £221,712 was restricted (2023 - £398,118).

NOTES TO THE FINANCIAL STATEMENTS

For the year ended 31 March 2024

5. NET INCOME / EXPENDITURE FOR THE YEAR

This is stated after charging / crediting:

	2024	2023
	£	£
Independent auditor's / examiner's remuneration:		
Independent examiner's fees	1,200	1,200
Operating lease rentals payable:		
Property	7,540	11,707
Other	-	3,542

6. STAFF COSTS AND NUMBERS

	Total Funds 2024 £	Total Funds 2023 £
Salary costs		
Wages and salaries	358,213	384,198
Social security costs	22,626	25,256
Pension costs	6,506	10,075
Redundancy costs	40,110	-
	<u>£ 427,455</u>	<u>£ 419,529</u>

The average number of employees (head count based on number of staff employed) during the year was 27 (2023 - 28).

The total employee benefits, including pension contributions, of the key management personnel were £65,159 (2023 - £65,510).

During the year, no employee earned more than £60,000 (2023 - the same).

7. PENSION SCHEME

The charitable company operates a defined contributions pension scheme. The assets of the scheme are held separately from those of the charitable company in the independently managed NEST pension fund. The pension cost charge represents contributions payable under the scheme by the charitable company to the fund. The charitable company has no liability under the scheme other than for the payment of those contributions.

8. TRUSTEES' REMUNERATION AND EXPENSES

The charity trustees were not paid and did not receive any other benefits from association with the charity in the year (2023 - £nil). No charity trustee received payment for professional or other services supplied to the charity (2023 - £nil).

No expenses were paid to the Trustees (2023 - the same).

SOCIAL ACTION FOR HEALTH

NOTES TO THE FINANCIAL STATEMENTS

For the year ended 31 March 2024

9. RELATED PARTY TRANSACTIONS

Other than trustees' expenses above, there are no reportable related party transactions to disclose for 2024 (2023 - none).

10. TAXATION

The charitable company is exempt from corporation tax as all its income is charitable and is applied for charitable purposes.

11. TANGIBLE FIXED ASSETS

	Leasehold improvements	Fixtures and fittings	Office equipment	Total
	£	£	£	£
Cost				
At 1 April 2023	48,934	29,420	34,711	113,065
Disposals	(48,934)	(29,420)	-	(78,354)
At 31 March 2024	-	-	34,711	34,711
Depreciation				
At 1 April 2023	48,934	29,420	28,393	106,747
Charge for the year	-	-	3,990	3,990
On disposals	(48,934)	(29,420)	-	(78,354)
At 31 March 2024	-	-	32,383	32,383
Net book value				
At 31 March 2023	£ Nil	£ Nil	£ 6,318	£ 6,318
At 31 March 2024	£ Nil	£ Nil	£ 2,328	£ 2,328

12. DEBTORS

	2024	2023
	£	£
Due within one year		
Trade debtors	8,023	91,208
- Less provision for bad debts	-	(23,968)
Accrued income	1,000	1,000
	£ 9,023	£ 68,240

SOCIAL ACTION FOR HEALTH

NOTES TO THE FINANCIAL STATEMENTS

For the year ended 31 March 2024

13. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2024 £	2023 £
Trade creditors	-	1,300
Deferred income	48,068	-
Social security and other taxes	4,467	10,427
Pension	103	-
Accruals	1,411	2,056
	<u>£ 54,049</u>	<u>£ 13,783</u>
<u>Deferred income</u>		
Balance at 1 April 2023	-	140,806
Amount released to incoming resources	-	(140,806)
Amount deferred in the year	48,068	-
	<u>£ 48,068</u>	<u>£ Nil</u>

14. STATEMENT OF FUNDS

	Brought Forward £	Incoming Resources £	Resources Expended £	Transfers and investment gains/(losses) £	Carried Forward £
RESTRICTED FUNDS					
Long Term Conditions Support					
Good Friends	4,442	31,594	(26,542)	-	9,494
BAME Mental Health	112,262	-	(112,262)	-	-
Pregnancy, Birth and Early Parenthood					
Sure STEPS	5,970	-	(35,951)	29,981	-
Community Health Research					
AI Multiply	-	27,044	(22,838)	-	4,206
Financial and Digital Wellbeing	121,669	25,250	(24,119)	(29,981)	92,819
	<u>£ 244,343</u>	<u>£ 83,888</u>	<u>£ (221,712)</u>	<u>£ Nil</u>	<u>£ 106,519</u>
SUMMARY OF FUNDS					
General Funds	267,720	253,050	(352,093)	-	168,677
Restricted Funds	244,343	83,888	(221,712)	-	106,519
	<u>£ 512,063</u>	<u>£ 336,938</u>	<u>£ (573,805)</u>	<u>£ Nil</u>	<u>£ 275,196</u>

The transfer of funds relates to the costs of the Sure STEPS project which were charged to the Santander Foundation grant. This grant was originally for the Financial Wellbeing project, however, with the donor's approval, it was repurposed to also fund the Sure STEPS project.

SOCIAL ACTION FOR HEALTH

NOTES TO THE FINANCIAL STATEMENTS

For the year ended 31 March 2024

STATEMENT OF FUNDS - 2023

	Brought Forward	Incoming Resources	Resources Expended	Transfers and investment gains/(losses)	Carried Forward
	£	£	£	£	£
RESTRICTED FUNDS					
<i>Long Term Conditions Support</i>					
<i>Good Friends</i>	8,504	4,118	(8,180)	-	4,442
<i>My Moves</i>	37,865	3,538	(41,403)	-	-
<i>BAME Mental Health</i>	57,931	129,276	(74,945)	-	112,262
<i>Pregnancy, Birth and Early Parenthood</i>					
<i>Sure STEPS</i>	14,846	-	(8,876)	-	5,970
<i>Community Health Research</i>					
<i>Covid Vaccine Uptake</i>	9,130	15,000	(24,130)	-	-
<i>Financial and Digital Wellbeing</i>	100,000	40,000	(18,331)	-	121,669
<i>Other</i>					
<i>Core and project development</i>	46,547	175,706	(222,253)	-	-
	<u>£ 274,823</u>	<u>£ 367,638</u>	<u>£ (398,118)</u>	<u>£ Nil</u>	<u>£ 244,343</u>
SUMMARY OF FUNDS					
General Funds	195,768	316,635	(244,683)	-	267,720
Restricted Funds	274,823	367,638	(398,118)	-	244,343
	<u>£ 470,591</u>	<u>£ 684,273</u>	<u>£ (642,801)</u>	<u>£ Nil</u>	<u>£ 512,063</u>

15. ANALYSIS OF NET ASSETS BETWEEN FUNDS

	Unrestricted General Funds	Restricted Funds	Total Funds
	£	£	£
Tangible fixed assets	2,328	-	2,328
Net current assets	166,349	106,519	272,868
	<u>£ 168,677</u>	<u>£ 106,519</u>	<u>£ 275,196</u>

SOCIAL ACTION FOR HEALTH

NOTES TO THE FINANCIAL STATEMENTS

For the year ended 31 March 2024

NOTE 15 ANALYSIS OF NET ASSETS BETWEEN FUNDS CONTINUED - 2023

	<i>Unrestricted General Funds £</i>	<i>Restricted Funds £</i>	<i>Total Funds £</i>
<i>Tangible fixed assets</i>	6,318	-	6,318
<i>Net current assets</i>	261,402	244,343	505,745
	<u>£ 267,720</u>	<u>£ Nil</u>	<u>£ 512,063</u>

16. OPERATING LEASE COMMITMENTS

The charity has a long-term, rolling agreement for hire of rooms at the Brady Arts Centre and is in ongoing discussions with Tower Hamlets local authority about formalising this arrangement. In the meantime, it has no ongoing obligations in this regard.

17. OTHER COMPANY INFORMATION

Social Action for Health is a charitable company limited by guarantee, registered in England with registration number 02954744. Its registered office address is Brady Arts Centre, 192-196 Hanbury Street, London, England, E1 5HU. The accounts are presented in GBP rounded to £1.

SOCIAL ACTION FOR HEALTH

England & Wales - Charity number 1040496

Accounts

Company number: 2954744

Charity Number: 1040496

Social Action for Health

Report and financial statements
For the year ended 31 March 2023

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Company number	2954744
Country of incorporation	United Kingdom
Charity number	1040496
Country of registration	England & Wales
Registered office	Brady Arts Centre, 192-196 Hanbury Street, London, E1 5HU

Trustees

Trustees, who are also directors under company law, who served during the year and up to the date of this report were as follows:

Hannah Stranger-Jones	Chair until 17 October 2023
Ryan Barnett	Treasurer - resigned 31 December 2022
Pooja Shah	
Harveen Udhi	Resigned 27 September 2022
Emma Backhouse	
Alex Murtough	
Karin Pappenheim	Chair from 17 October 2023
Lewis Batkin	Appointed 27 September 2022
Helena Roy	Appointed 27 September 2022
Tatyana Karpinskaya	Treasurer – appointed 18 April 2023

Key management personnel

Chief Executive Ceri Durham

Accountants NfP Accountancy Limited. Appointed 1 October 2021

Bankers NatWest plc., 403 Bethnal Green Road, London, E2 OAF

HR and legal Mentor, 100 West George Street, Glasgow, G2 1PP

Independent Examiner Shruti Soni, T/A Charity Accountant, Shruti Soni Ltd, 117a St Johns Hill, Sevenoaks, TN13 3PL

SOCIAL ACTION FOR HEALTH

CHARITABLE OBJECTIVES

As set out in our Governing documents, our Charitable Objectives are:

1. **To preserve and protect the good health** of the public within London and elsewhere within England;
2. **The relief of unemployment** for the benefit of the public in such ways as are thought fit, including assistance to find employment; and
3. **To develop the capacity and skills** of members of socially and economically disadvantaged communities **to enable them better to identify and meet their needs** in order to participate more fully in society.

VISION AND MISSION

A world where unfair and avoidable health inequalities no longer exist.

Our mission is to support and address the priorities of those most affected by health inequalities, and to champion the case for wider structural and societal change.

THEORY OF CHANGE

Poverty, discrimination, prejudice and inaccessible systems across society are leading to an unequal distribution of good health.

The more control people have over their lives, the better their health and wellbeing.

We provide services and support within communities most affected by health inequalities to:

Increase people's ability to **identify personal priorities** and goals

Increase people's **confidence to make decisions** about their health and wellbeing

Increase people's ability to **act on their decisions**

The increased capacity and better health of individuals leads to a reduction in avoidable health inequalities for them and their communities.

Welcome from the Trustees and Strategic Update

It is with great pleasure that the Trustees present their report and the financial statements for the year ended 31 March 2023.

Social Action for Health has worked with multi-ethnic communities in east London for over 35 years to address the impact of the health inequalities that are so deeply established within our society. We continue to believe that poverty, discrimination, prejudice, and inaccessible systems across society are leading to an unequal distribution of good health. Although life is starting to settle post-Covid and most activities are now face-to-face, the extremely high rates of inflation and overall cost-of-living crisis continue to have significant effects on our participants and the Organisation. With avoidable health inequalities continuing to exist and, in many cases, widen we remain confident that our work continues to be relevant and make a difference to the communities we serve.

Reference and administrative information set out on page 1 forms part of this report. The financial statements comply with current statutory requirements, the memorandum and articles of association, the requirements of a directors' report as required under company law, and the Statement of Recommended Practice - Accounting and Reporting by Charities: SORP applicable to charities preparing their accounts in accordance with FRS 102



Left: The financial year started with an unexpected donation from JohnLewis in Stratford. They had been searching for a local health charity that was deeply embedded in the local community. It was great to visit the store to collect a cheque!

Review of 2022-23 and looking forward to 2023-24

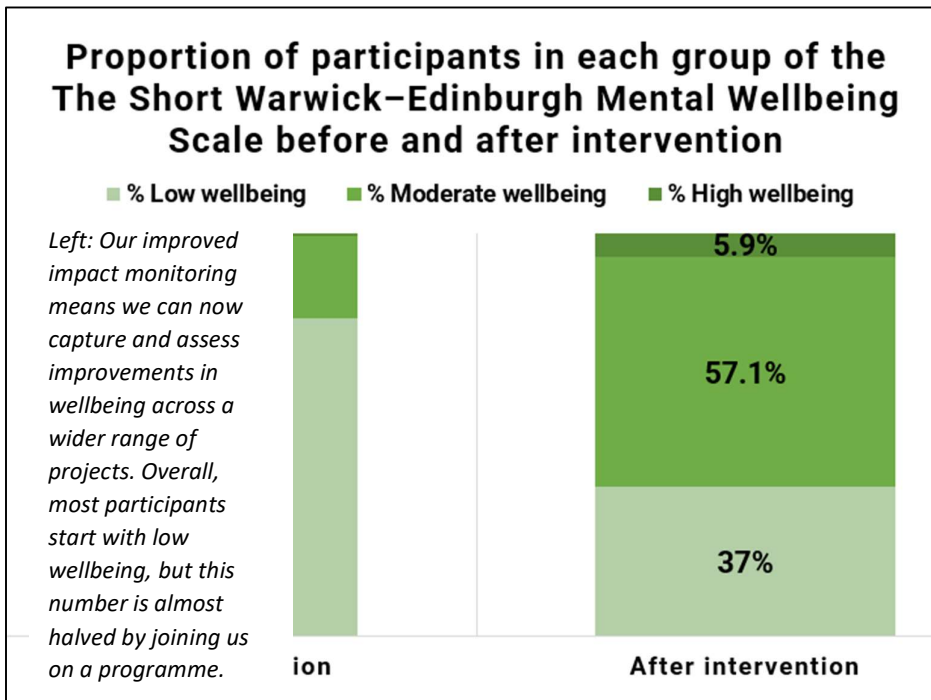
Building on the organisational strategy and re-focus work of 2021-22, 2022-23 has been a year of resulting consolidation and organisation of Social Action for Health to provide **direct provision of health-related services and support** to beneficiaries who are at the greatest risk of health disadvantage and participate in **research and community engagement** which supports the delivery of those services and allows us to amplify the voices of those most affected.

Social Action for Health has worked with multi-ethnic communities in east London for over 35 years to address the impact of the health inequalities that are so deeply established within our society. We continue to believe that poverty, discrimination, prejudice, and inaccessible systems across society are leading to an unequal distribution of good health. In this report, we report on our progress against our 2022-23 priorities, the highlights and challenges and set out our vision of how we will continue to work in line with our charitable objectives and address our priorities.

Strategic health contexts – and the ways we monitor and assess our impact and organise our activities - remain as follows:

1. Long-term health conditions;
2. Pregnancy, birth and early-parenthood, and
3. developing our expertise around youth health.

In each of these areas, Social Action for Health will provide **direct provision of health-related services and support** to beneficiaries who are at the greatest risk of health disadvantage and participate in **research and community engagement** which supports the delivery of those services and allows us to amplify the voices of those most affected.



APPROACHES

We regularly reflect on what works well when supporting our community. Our current approach is underpinned by three key concepts:

Community

We bring people and organisations together to share experiences and build a community around each of our participants.

We know isolation is damaging to health, wellbeing and self-confidence, so all of our work involves connecting people and nurturing a sense of belonging for all.

Knowledge

We support people to act on the priorities in their lives by equipping them with knowledge, skills, support networks and experience.

We believe that information should be widely accessible, and support people to share their knowledge and learning to benefit the wider community.

Holistic Health

We accept the World Health Organisation's definition that "health is a state of complete physical, mental and social wellbeing".

We focus on matters relating to health and wellbeing to support people to develop the skills and abilities they need to make informed decisions in all areas of their lives.

VALUES

Our values reflect how we work with people across all our projects:

CURIOSITY

We are always seeking to improve our understanding of what we should offer to the community and how to effect change. We create and celebrate opportunities to share findings and to learn together.

RESPECT

We support people's right to make informed decisions and have control over their own lives to the greatest extent possible. We do not tell people what they should do.

ACCESSIBILITY

We believe in breaking down social barriers that prevent access to good health and wellbeing. We consider cultural, language and physical requirements across all our activities.

EQUALITY

We know how transformative it is to hear from someone with similar experiences and be treated as an equal. We bring people together to share their stories and support one another.

COLLABORATION

We believe that people and communities are stronger and more effective together. All of our work brings together and builds on the skills and strength of local people and organisations.



Strategic Aims

Our core approach remains empowering, not imposing, which allows us to achieve our strategic aims of supporting people to:

1. identify personal and community priorities and goals
2. make decisions about things that affect health and wellbeing;
3. express their preferences; and
4. act on their decisions.

Some Key Demographic Data for 2022-23 is shown below in Figure 1. We recorded engagement with slightly more people this year (3,423; 2021-22: 3,270), more men (37%; 2021-22: 18%). Areas of deprivation data is broadly similar (74% ;2021-22: 72%). We continue to find ways to measure and show more accurately our work in “Super Output Areas” of higher deprivation and / or in pockets of extreme deprivation within areas of high wealth, which are common in Inner London.

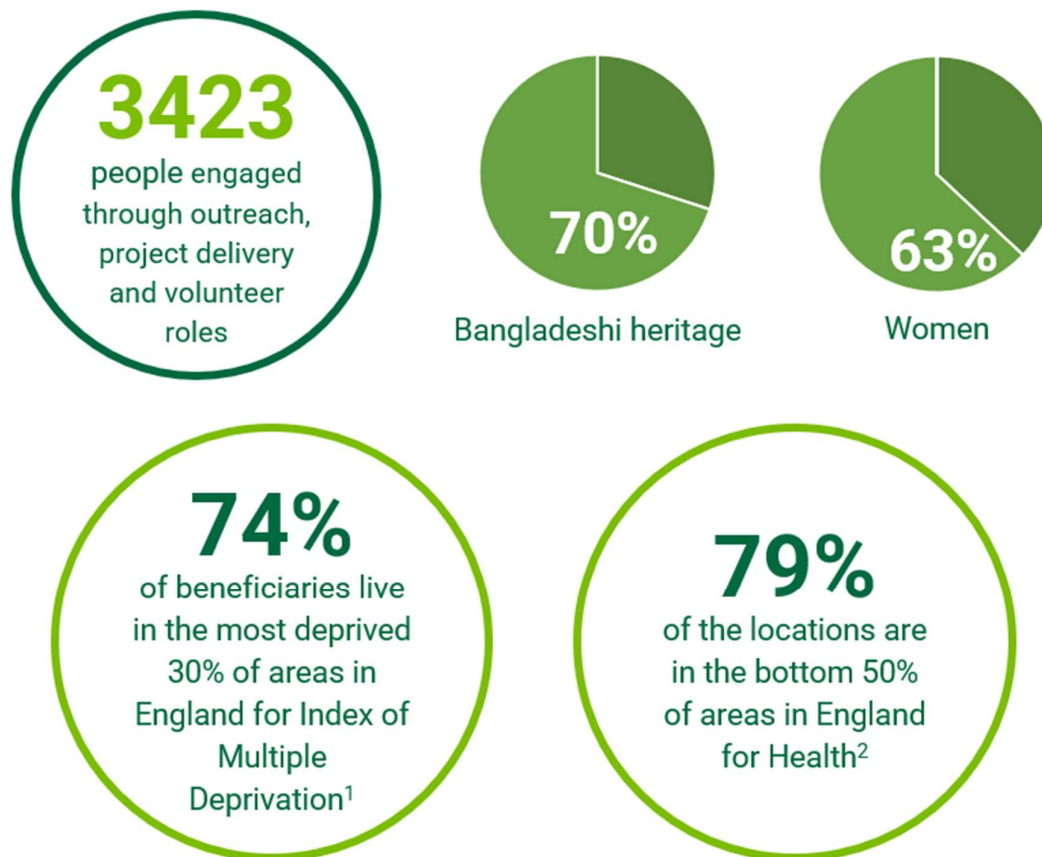


Figure 1. Social Action for Health – 2022-23 – Summary of captured demographic data

¹ Source: <https://datakind-uk.github.io/community-lens/>

Update on priorities from 2022-23 and looking forward to 2023-24

Progress has been made against the priorities set in 2021-22, and these areas remain an ongoing priority to enable us to achieve our strategic aims. Work continues against these priorities to enable the organisation to become more agile, volunteer-and community-oriented.

Priorities	Progress
<p>To embed the new strategy, enabling us to address the needs of those most affected by health inequities</p>	<p>This has been very successful and has allowed us to develop a new fundraising strategy which will enable us to focus on funding opportunities that align with our purpose, rather than our work being driven by funder requirements and targets. This will mean that our portfolio of work will continue to become increasingly aligned with our strategy.</p>
<p>To diversify the groups and communities we work with, and to fully reflect the demographics of east London in our beneficiaries, staff team and Board.</p>	<p>This has been partially successful. We have been able to increase diversity across our beneficiary groups, particularly engaging more men through our Men’s Mental Health project and reaching more younger people. This will need to become more embedded. We have not yet been able to establish our ‘Panel 100’ Community Advisory Group because of a lack of capacity and the need to prioritise other delivery work. This remains a key part of our strategy. We will continue to reach into different groups and communities in east London to ensure our work is fully accessible to and reflective of the local population.</p>
<p>To continue to improve project management and financial management systems and processes.</p>	<p>We have continued to embed use of improved systems and processes, onboarding relevant staff members to use QuickBooks and maintaining our Cyber Essentials accreditation.</p>
<p>To measure our impact to be able to better demonstrate and talk about our work.</p>	<p>We have made significant progress in this area. This year, the Board established an Impact and Strategy Committee, we introduced our new impact measurement framework, and began to embed the new methodology across our portfolio of support services. As different projects operate courses and activities on different timelines, and we wanted to ensure consistent baseline and measurement data for each cohort, this was a gradual transition between the old and new systems, but now means we are starting to have consistent data to work with and allows us to track project and organisational progress against strategic aims.</p>

<p>To ensure all staff are accessing opportunities for formal and informal training and learning.</p>	<p>We have continued to make progress against this priority. We have had a cohort of sessional staff complete Chronic Disease Self-Management Program (CDSMP) training to be able to deliver this programme through our Good Moves project. We have also been able to train staff and volunteers through our comprehensive Sure STEPS peer-support training, have staff completing Mental Health First Aid and Safeguarding training.</p>
<p>Continue to diversify income streams and increase funding from trusts and foundations.</p>	<p>This has been successful and remains a priority. In 2022-23 53% of income came from trusts / foundations or other giving, compared to 48% last year and 7% in 2020-21. This has demonstrated that we are an organisation which can work well with funders who support our aims. This type of fundraising activity will continue to be a priority for the organisation.</p>
<p>Working towards unrestricted reserves position of £250,000.</p>	<p>Unrestricted reserves at the close of 2022-23 were £267,720. In 2021-22 these were £195,768. The organisation will continue to always to hold minimal reserves of 3 months running and close down costs in line with a wider aim of holding £250,000 as a general position.</p>



Left: – Our improved impact measuring means we regularly ask participants and volunteers on all our programmes if our work has been beneficial to them. So far, out of hundreds of people asked, 100% have answered “yes”.

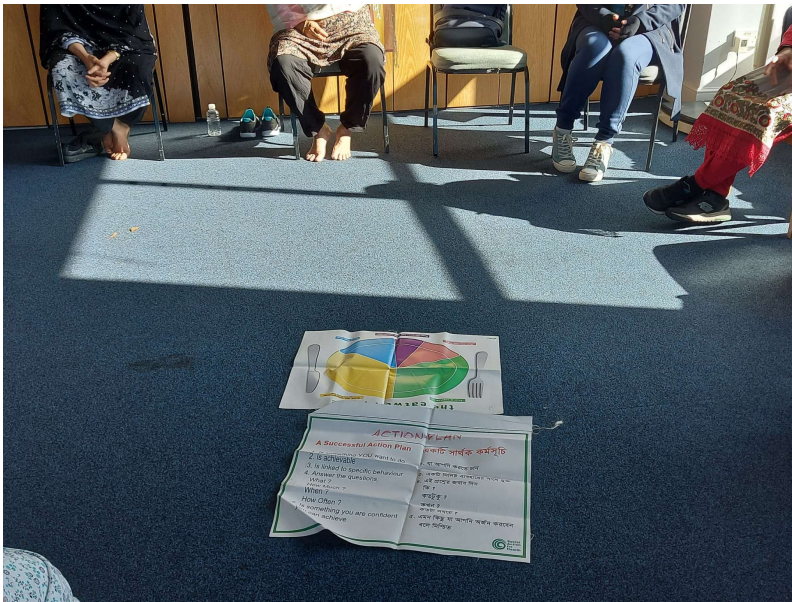
Key areas of work and projects over the past year

Long-term Health Conditions:

We know that there are many factors that result in people experiencing long-term health conditions, and that managing them is complex. Understanding and responding to the specific needs of each community that we work with is central to our approach and success. Over the past year we have run five key projects, all taking slightly different approaches.

1. Good Moves

For 23 years, our Good Moves project has helped people in Tower Hamlets manage their long-term health conditions and overall health. This flagship project, primarily funded by North East London NHS Integrated Care Board) supports adults in Tower Hamlets who are living with diabetes, Chronic Kidney Disease, heart disease and/or hypertension through an eight-week course. Our highlight this year is the training and re-validating 12 sessional workers to become facilitators of the evidence-based, Stamford model: Chronic Disease Self-Management Program (CDSMP), now run through the Self-Management Resource Centre (www.selfmanagementresource.com)



Left: Bengali Women’s Good Moves Group ‘action planning’ how to incorporate the recommended “Eat Well Plate” into the daily lives of themselves and their families.

Over the past year, we supported 392 participants over 30 Good Moves courses in four community languages (Bengali, Somali, Cantonese and English). The project not only supported participants through their physical health challenges, but resulted in improvements in mental wellbeing too, with significant proportion of participants shifting from ‘Low wellbeing’ to ‘Moderate wellbeing’ using Short Warwick-Edinburgh Mental Wellbeing Scale over the eight-week course.

Participant Story – Good Moves

Good Moves was recommended to 'G' by a friend following challenging caring responsibilities for her aging mother, and challenges with her own health, including fibromyalgia, rheumatoid arthritis and stress. G describes her fibromyalgia as a 'fog' descending on her, which can last anything from 12 to 36 hours. During medical appointments with her GP and Practice Nurse, G always felt rushed, and unable to talk about her feelings. Good Moves has offered a safe space for her to share when she has bad days with fibromyalgia or other challenges and allowed her to meet another participant who also has fibromyalgia. G initially felt guilty and reluctant to take time away from her family for herself but with support from our team she has since been able to create an action plan to better manage her physical and mental health, including easy steps to implement initial small changes to her daily routines.

"I feel I am making progress on my journey to manage my emotional wellbeing life. I do feel more confident, and I refer to my action plan most days to help keep me on track. I do not want to go back to my pre-Good Moves days".

Good Moves Participant

2. Change for Good Weight Management Programme

We continued to run our Change for Good 12 week weight management programme. designed to help people achieve their personal weight loss goals. We ran the course in English and Bengali, online and in-person, and supported 662 participants over the year. Referrals are overwhelmingly received from GPs and Social Prescribers who appreciate the personal service we offer, which is culturally and linguistically appropriate for their patients.

In addition to the focus on weight management goals, we monitored participants' mental wellbeing through the Short Warwick-Edinburgh Wellbeing Scale (SWEMWBS). Participants showed an average SWEMWBS score increase of 3.98, demonstrating an improvement in mental wellbeing following their engagement, but not as effective as our more holistic Good Moves programme which covers similar content. This was because not as many people were at such low starting positions, as well as the increase not being so great. Being able to compare projects like this has been possible because of the significant improvement in our impact measuring.

3. Good Friends

We have continued to grow and develop our Good Friends programme. This provides free-to-access befriending support and activities for those living with long-term physical and mental health conditions, reducing isolation and enabling people to be part of something positive. Good Friends has supported over 100 adults this year, offering opportunities for people to come together and meet others from their communities, learn new skills, and manage their long-term health conditions.



Above: Our Isle of Dogs Good Friends group – photograph after one of their gentle exercise sessions

“After joining the programme, it felt like a breath of fresh air, as I had the chance to meet so many wonderful people, who I can now call my friends. ... Social Action for Health has taught me to take care of my body and my health all by myself. Instead of relying on doctors or my local GP to tell me what I should do, I have now been taught what I can do to keep myself healthy.

“Good Friends participant feedback.”

This year, we also have introduced an **ESOL walking groups** and **health talks** with monthly guest speakers to the activity offer.

Community outreach worker reflection - Good Friends Walking Group – Bengali Women

“The group started at the end of July 2022. We started walking from Brady to Allen Garden, then came back and had a cup of tea. Originally, we had two ladies. It was a little disheartening. Then the group grew gradually – word of mouth is very powerful. The two original ladies spoke to their friends, and we grew. I asked what do the participants want. They said the main thing lacking was their English. So we started teaching them a few words, e.g. palm tree, which we had seen on our walk. The group were very enthusiastic and passionate. They wanted to approach people in the park and say hi, but did not have the language to do so. We started speaking Bengali on the walk out and English on the way back. The group then started expanding. Now we have 12 ladies.

One lady opened up to say that she did not know how to write her name. So we got some dot-to-dot alphabet workbooks and alphabet flashcards. Each week we are building. The ladies really want to amalgamate with the community and make their own appointments. If these ladies had been shown this earlier, they would not be housebound, would have confidence and be able to interact with the community.”



Above and Right: ESOL Walking Group head out for a walk, before returning for a cup of tea and English practice.

4. We completed our **My Moves** project, encouraging people aged 50+ who would not usually take part in sports or exercise to become more active and to meet others through cultural dance and movement and sharing food and conversation together. This year, we have supported 109 participants, embedding our new Chinese / Vietnamese groups in addition to Bengali groups. Participants have continued engagement with us through our other projects and we continue to explore how to increase our offering in digital support, building on our learnings from Covid times.



Left: a Lion Dance performed as part of our combined Good Friends and My Moves inter-cultural celebration event.

5. Our **Wellbeing for Black, Asian and Minoritised Ethnic Men** project has played a significant part of our project delivery work this year as we started to explore different ways to improve the mental health and wellbeing of Black, Asian and Minoritised Ethnic Men. The project grew out of observations in lockdown of our participant groups and has included significant-community engagement (surveys, discussion groups, events and workshops with the target group and local mental healthcare providers), and culturally-appropriate social support groups to improve mental health and wellbeing. Insights gained through these activities inform our future offer, and will be fed back to other local providers to increase understanding of the mental health support needs of Black, Asian and Minoritised Ethnic men and improve access to relevant services.

So far, we have:

- engaged with 294 people, including 86 frontline healthcare workers from local relevant organisations
- hosted a successful event focusing on the mental health of Black, Asian and Minoritised Ethnic Men
- started planning a survey to gain insights around mental health and wellbeing, experiences of mental health services, and recommendations for future work from Black, Asian, and Minoritised Ethnic men in Tower Hamlets and Hackney
- developed the social support group offering to include 'Wellbeing Wednesday' – providing gentle exercise and conversation opportunities to Asian men in Tower Hamlets, and skills-based workshops, such as woodwork, which intentionally encourage conversation around mental health and wellbeing.



Left: A Woodwork for Men session in partnership with Woodwork for Wellbeing at St Margaret's House

Pregnancy, Birth and Early Parenthood:

Social Action for Health has a long history of supporting women from disadvantaged groups in pregnancy and early parenthood. Wider inequalities in healthcare and the effects of social determinants of health are well reported, including the inequalities in mortality rates for women and their babies reported by MBRRACE-UK reports. This year, thanks primarily to new funding received enabling dedicated work around financial and digital wellbeing we have been able to increase our support to new mothers and parents from financially disadvantaged backgrounds struggling to deal with the challenges of new parenthood.

We have continued to run our **Sure STEPS** volunteer peer support matches women, new mothers and parents struggling to deal with the challenges of becoming a parent to trained volunteers in the community for emotional and practical support for those facing difficulties including domestic abuse, homelessness, loneliness and isolation and mental health difficulties. The one-to-one support is long-term and flexible depending on the requirements of the parent and the support the volunteer is able to provide. We will provide support up until a baby is two years old (or longer if required) and are unique in the sector in trying not to work to strict cut-offs, but allowing a trusting relationship to grow and to end organically. In addition to the one-to-one support, we have also established a **Coffee Morning** to provide a safe, local space for new parents to meet others in similar situations, socialise and build supportive networks.



**Have you recently had a baby?
Do you want to connect with other
mums?**

*Drop-in to our FREE coffee morning
Wednesdays between 10:00 AM – 12:00 PM,
Collingwood Children's Centre, Buckhurst St,
London E1 5QT*

We speak English, Bengali
and Polish.

New Venue!



Our team speak English, Bengali and Polish, and attendees are invited to continue coming as their babies get older to maintain their social connections. Across the peer support scheme and coffee morning, we have engaged 81 people this year, including 20 volunteers.

We have also piloted a **Gestational Diabetes Peer Support** project with the Well Newham programme in Newham Hospital, developed with the diabetes and obstetrics team to complement the complex diabetes multidisciplinary clinic. We supported 51 pregnant women through 8 drop-in sessions and outreach in the antenatal clinic at the Newham University Hospital. In recognition of the disproportionate rate of gestational diabetes in the borough and the risk factors surrounding the condition, this pilot provided support in Urdu and Bengali as well as English. Sessions took place in a quiet space on the maternity ward, and focused on providing social support, encouragement, healthy snacks and drinks, mindfulness, gentle exercise, and signposting to other local sources of support. We are seeking specific funding to continue this programme and to grow it across our geographical footprint as it was an excellent illustration of us combining our many years of Good Moves and similar wellbeing programmes, with our expertise in maternity services.



Left: Social Action for Health Gestational Diabetes Team meet key Newham Maternity team staff on one of our team training visits

Financial and Digital Wellbeing

This year, we have been able to develop our financial and digital wellbeing work. This work is to benefit people with little or no digital skills who are experiencing exclusion due to digital poverty, and who's lack of English literacy has made difficult or impossible for them to apply for jobs, or access services online without additional support. Such online services include making GP appointments accessing council housing services, and making online welfare benefit support including those which are designed to alleviate in-work poverty. We started work on this project by focusing on mothers with children under 5 who are living in financially challenging circumstances and will seek to build on this as our expertise and needs dictate.

The initial pilot was a **Financial and Digital Wellbeing** course, which we held at the Hackney Baby Bank. This course supported 18 new parents to learn practical digital and finance skills, covering topics such as budgeting, money management, opening bank accounts, and avoiding scams. These topics were so welcome that we intend to train our volunteers to be able to offer financial and digital support, and establish an ongoing programme of financial wellbeing workshops for new or soon-to-be parents, offered in community languages.



Left: Financial Wellbeing Course run in partnership with the Hackney Baby Bank and Crosslight.

Participant feedback – Hackney Baby Bank Financial Wellbeing Course

“The course has been amazing, before the course I was struggling, but now with the course, I know where to go for support. I have learnt to not only save, but learnt where all my money was going to, and how I can cut back where I am able. **My mental health is so much better as I am not stressed about money or not knowing or understanding where my money was going.** This course has changed so much for the better for me, money, saving, budget, understanding my income expenditure etc.”

Youth Engagement

This year, we have made progress building our youth engagement work strand.

We ran a summer **work experience placement** for young people, which explored the concept of trust and how it can impact community engagement with healthcare provisions (with a particular focus on COVID-19 health outcomes), as well as the health priorities of young people connected to the borough. The group participated in a 7-week work-experience placement course, which combined creative activities with direct community outreach and engagement, such as participating in focus groups which were run with Bengali men, Somali women and Bengali women, to explore and present on these topics.

Work Experience Scheme - Participant feedback

"We were listened to. That is what I most enjoyed about this experience. Our views and opinions were taken on board and we were able to express ourselves in a non-judgmental environment. The fact I have been able to have the chance to meet like-minded individuals and have important conversations with them about the changes we can make within our communities, is a pleasure. I am extremely thankful and appreciative that I have had such an opportunity."



Left: Social Action for Health team presenting on health inequalities and opportunities to work with the Wellcome Sanger Institute to the Beal Sixth Form.

We also worked with students from **Beal High School** on **'Project Cardinal'** with support from teams at the Wellcome Sanger Institute to develop projects on health inequalities and representation in genetic research. Students' projects included a 7-minute video featuring an avatar of a South Asian woman wearing a sari to encourage minoritised communities to engage in conversations about genetic research, and a powerful speech asking us to question why certain sections of society are so reluctant to participate in scientific research.

These two groups later participated in **The Future of Community Health event**, which we organised in partnership with Queen Mary University of London. The event was an opportunity and platform for young people aged 17-26 to share their insights, concerns and priorities about community health with an audience of over 85 people, and discuss these with the wider community and academics. The presentations explored building trust in the community, health inequalities and representation in medical research, and young people's health priorities.



Left and below: The Future of Community Health event hosted in partnership with Queen Mary University of London, where Beal 6th Form students and the young people from our work experience scheme were able to showcase their work.

“It has been an amazing experience. **Our issues and worries are being listened to and we are being heard.**” Beal High School student



“It has been an honour and a privilege working with the Social Action for Health team. It has been a great learning curve for our students to interact with industry experts. They have grown in confidence and have developed key skills along the way. Furthermore, many of them now want to pursue STEM-based degrees. **The experience has inspired their next steps.**” Jag Singh, Beal High School's Director of Sixth Form

Community Research:

Community research is a key part of our strategy, in acknowledgment that decisions around healthcare are made based on research in which the people most affected by health inequalities are not reflected. We build trusting relationships with researchers and communities, broker mutually beneficial relationships between the two, and support the facilitation of meaningful community research. We believe research must deliver immediate benefit to participants alongside the ultimate long-term aims of the research benefiting the community, and progress opportunities which deliver on both counts. Highlights this year included:

- Continuing our collaboration with Queen Mary University of London on the **Genes and Health** research study as we emerged from the pandemic. Genes and Health is the biggest scientific study in the world researching genetics in people of Bangladeshi and Pakistani heritage to better understand why these communities experience particularly high rates of poor health and disease in the UK. To raise awareness of the study, we launched professionally produced videos, ran social media campaigns, and worked with community venues.



- Facilitating a range of focus groups with the community, exploring topics such as accessing GPs through a translator, sugar and salt in food, understanding of hesitancy around Covid-19 vaccine uptake in different communities asthma, ethnic descriptions used in clinical trials, living with multiple long-term conditions and taking multiple drugs, and men accessing social prescribing services. We have increasingly focused on the importance of returning research findings and next steps to local communities following participation in research.

“Thank you for coming before and speaking with us and thank you for taking what we said to the right people and thank you even more for coming back and telling us what happened after our meeting”.

Community Research Participant

Financial review

In 2022-23, Social Action for Health made an overall surplus of £41,472 (2022: £208,932:). As anticipated, income was down compared to last year (£684,273 compared to 2022: £852,273) with total expenditure remaining similar (£642,801 compared to 2022-23: £643,341). As this had been anticipated, and restricted funds received in preparation for the year ahead, projects were able to continue as planned and there were no significant events during the year that affected the performance of the Charity. The Charity remains in a good cash position as it moves into next year, with the key risk being about being able to achieve budgeted income as the year progresses.

Total reserves were £512,063 (2022: £470,591) of which £266,720 were unrestricted (2022: £195,768). This is higher than the minimal amount of £137,746 which the Trustees have identified as the minimum to hold in line with the reserves policy.

Social Action for Health carried out a detailed fundraising and income strategic review during the year involving staff at all levels and trustees. Recommendations include re-engaging a full-time fundraiser with a focus on raising funds from trusts and foundations and investing in management personnel who can help grow the contractual revenue streams whilst ensuring they support and enhance our core offerings to participants in line with strategic aims.

During the year there was no non-compliance of Fundraising regulations and codes and Social Action for Health received no complaints relating to its fundraising practice.

Reserves policy

The Organisation always aims to hold at least three months of running costs plus redundancy and related costs as unrestricted reserves in the event a closure is required. This is currently £137,746, but the figure is likely to fall as a planned organisational restructure is completed. The trustees have agreed that it will continue to be prudent to aim to hold £250,000 unrestricted funds but that provided this minimal amount is held, this will be sufficient to support continuity and sustainability through organisational, economic and political uncertainty. Reserves above this level may be used to ensure continuity of community services and support as reasonably practicable, but in line with previous years, reserves will not be used to subsidise contracted service delivery.

Going concern basis of accounting

Proactive, day-by-day cash flow management alongside contract and resource management ensures that Social Action for Health is a going concern. In the short term, this is supported by good cash reserves, cash flow management and based on committed contractual income and risk assessed new income. Cash flow is forecast to remain positive until at least June 2025. Looking further into the future, the plan is for the organisational income and the unrestricted reserves to increase. This will lead to the charity being in a more financially stable and sustainable position and able to take on more projects which respond to community insights in line with organisational strategy.

The trustees have considered the underlying assumptions; the level of confirmed funding agreed at the date of approval of these accounts and assessed the financial position for reasonableness. The trustees have considered whether there are any material uncertainties that may cast doubt on the charity's ability to continue to adopt the going concern basis of accounting for a period of at least twelve months from the date when the financial statements are authorised for issue.

The trustees are satisfied that although funding needs to increase in the year ahead and is likely to be challenging in light of the cost-of-living crisis, falling funding levels and difficulty recruiting a fundraiser, our pattern of work and income combined with plans to restructure the organisation, will ensure that the organisation remains a going concern. These actions combined with continued careful management, mean that there are no such material uncertainties which mean the charity will not be able to meet its liabilities when they become due.

Income and expenditure management including cash-flow and scrutiny of reserves will be completed monthly by the Treasurer, the Finance and Governance Committee and at quarterly board meetings to ensure that appropriate actions can be taken to manage the finances in the short and longer-term.

Principal risks and uncertainties

The Trustees have considered what risks the charity faces and believe these to be principally relating to uncertainty of long-term funding for the organisation and the knock-on consequences this may have.

Risks	Mitigations
<p>1. Unable to generate sufficient income to cover desired charitable activities, especially over the longer-term in an increasingly challenging funding environment.</p>	<p>Mitigation: Carried out organisational review to ensure minimised expenditure and streamlined operation whilst continuing to deliver desired charitable activities. Continue with plan to recruit experienced fundraiser to seek funds from trusts and foundations.</p>
<p>2. Personnel risk – there is risk to operations and service delivery in the event key personnel left, or were unable to work. Also, ongoing difficulty to recruit a fundraiser is preventing income generation. In line with many other charities, high numbers of staff are facing multiple challenges outside of work risking burn out and stress at work.</p>	<p>Mitigation Ensure three month notice periods for all senior managers. HR task group established by the Board, together with wider involvement of trustees to support the CEO in finance and operational procedures. Board and CEO will keep staff remuneration under review to ensure paying in line with market rate so that talent can be recruited and retained. Ensure review of work levels and support for staff at all levels.</p>
<p>3. Trustee and staff skill mix does not reflect balance of community insight and lived experience with professional board and management skills</p>	<p>Mitigation – Board Development is a priority based on regular skills and diversity audits of board and of the staff team. In recruitment, recruit to reflect gaps and train all trustees on obligations. Continue to work towards setting up Community Advisory Group and continually aim to ensure diversity, genuine community engagement, language mix and lived experiences is embedded at all levels of the organisation.</p>

<p>4. Unrestricted reserves fall below reserve policy level</p>	<p>Mitigation Board has established a Finance and Governance Committee to monitor the financial position with the CEO and Treasurer. Improved cash flow management including improved billing and invoice management. Increased use of QuickBooks for reporting and monitoring. Action taken if reserves drop below level in reserves policy, including organisational restructure.</p>
<p>5. Safeguarding and health and safety of staff, volunteers and participants.</p>	<p>Mitigation Ensure safeguarding and health and safety is kept front and centre of all project planning. Annual safeguarding training for the entire organisation (including trustees) and ongoing training and monitoring of health and safety obligations and risk assessments in general and as appropriate for projects. Designated Board member responsible for safeguarding. Health and Safety and Safeguarding included as standing item at all Board meetings. Respond to risks identified as appropriate.</p>
<p>6. Data Breach and Cyber Security breach</p>	<p>Mitigation Continue to have robust IT and related systems in place with skilled Data Protection Lead. Carry out Data Protection Impact Assessments on all projects and respond to risks identified as needed. Continue to maintain Cyber Essentials certification.</p>

Structure, governance and management

Trustees take overall responsibility for the strategic direction of the organisation as well as ensuring a good legal and good practice framework underpins their role as the employer of staff. The whole board meets at least quarterly and a number of Board Committees have been established (Finance and Governance, Impact and Strategy and an HR Task Group) to enable trustees to contribute skills and knowledge to support the CEO operationally and with specific challenges. Regular meetings are held by the two committees to ensure greater awareness and accountability.

The Trustees appoint a Board Chair, Deputy Chair and Treasurer through an internal and external recruitment process, and in the coming year will be seeking to appoint a Board Secretary to support governance and administration of board business. Succession planning has taken place in this last year as the current Chair's term of office is ending and a handover to a new Chair is planned.

Trustees are invited to attend relevant training as well as sharing learning and skills through facilitated sessions and joining external charity governance support organisations. Financial training for trustees started this year and more training is planned over the year ahead. Additional training will be offered on safeguarding and other areas of interest / good practice as the need arises to

ensure the skills of the Board remain relevant and up-to-date. A regular board skills audit has been introduced, and trustee recruitment is anticipated over the coming year to strengthen board capacity and address specific gaps in terms of skills and/or diversity.

Ceri Durham has been appointed as CEO to lead a team of staff, sessional staff and volunteers to ensure strategic and business development in line with trustee decision as well as service and operational delivery in line with Social Action for Health's charitable objectives. Legally indemnified HR expertise is provided by Mentor. An HR consultant has been engaged to support the CEO with a structure review, and to develop our future people strategy.

The organisation is a charitable company limited by guarantee, incorporated on 19 July 1994 and registered as a charity on 31 August 1994.

The company was established under a memorandum of association which established the objects and powers of the charitable company and is governed under its articles of association.

All trustees give their time voluntarily and receive no benefits from the charity. Any expenses reclaimed from the charity are set out in Note 8 to the accounts.

Remuneration policy for key management personnel

We do a market review to set a pay banding for each type of role. The rate employees are paid within this band is based on experience and performance. Trustees approve pay banding and agree remuneration for the CEO.

Appointment of trustees

Trustees are recruited through an advertisement and interview process with the aim of ensuring an effective mix of skills, experience and network connections. There are currently no constitutional provisions for specific trustee appointments.

Two new trustees were appointed over the past financial year: Lewis Batkin and Helena Roy. Tatyana Karpinskaya) joined as Treasurer in April 2023 to replace the previous treasurer who stepped down in December 2022.

Related parties and relationships with other organisations

Social Action for Health has a wide range of stakeholders and partnerships that are detailed in our contracting and subcontracting relationships. We work in several informal partnerships and actively pursue a collaborative way of working with other community-based organisations. However, these are not formally contracted and rely on memorandums of understanding and mutual trust and understanding on both sides.

Statement of responsibilities of the trustees

The trustees (who are also directors of Social Action for Health for the purposes of company law) are responsible for preparing the trustees' annual 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 and fair view of the state of affairs of the charitable company and of the incoming resources

and application of resources, including the income and expenditure, of the charitable company for that period. In preparing these financial statements, the trustees are required to:

- Select suitable accounting policies and then apply them consistently
- Observe the methods and principles in the Charities Statement Of Recommended Practice (SORP)
- Make judgements and estimates that are reasonable and prudent
- State whether applicable UK Accounting Standards and statements of recommended practice have been followed, subject to any material departures disclosed and explained in the financial statements
- Prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in operation

The trustees are responsible for keeping adequate accounting records that disclose with reasonable accuracy at any time the financial position of the charitable company and enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the charitable company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

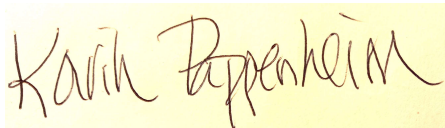
The trustees are responsible for the maintenance and integrity of the corporate and financial information included on the charitable company's website. Legislation in the United Kingdom governing the preparation and dissemination of financial statements may differ from legislation in other jurisdictions.

Members of the charity guarantee to contribute an amount not exceeding £1 to the assets of the charity in the event of winding up. The total number of such guarantees at 31 March 2023 was 7. The trustees are members of the charity but this entitles them only to voting rights. The trustees have no beneficial interest in the charity.

Independent Examiner

Shruti Soni was appointed as the charitable company's independent examiner during the year.

The trustees' annual report has been approved by the trustees on 15 December 2023 and signed on their behalf by

A handwritten signature in black ink on a yellow rectangular background. The signature reads "Karin Pappenheim" in a cursive script.

Karin Pappenheim

Chair

Independent Examiner's Report to the Trustees of Social Action for Health

I report to the charity trustees on my examination of the accounts of the company for the year ended 31 March 2023 which are set out on pages 30 to 42.

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 company'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 the Association of Certified Chartered 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 that in any material respect:

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.

Signed:



Date

18 December 2023

Shruti Soni FCCA ACIE

Shruti Soni Ltd

117a St Johns Hill

Sevenoaks, TN13 3PL

SOCIAL ACTION FOR HEALTH

STATEMENT OF FINANCIAL ACTIVITIES

(Incorporating Income and Expenditure Account & Statement of Total Realised Gains and Losses)
For the year ended 31 March 2023

		Unrestricted	Restricted	Total	Restated Unrestricted	Restated Restricted	Restated Total
	Note	Funds	Funds	Funds	Funds	Funds	Funds
		2023	2023	2023	2022	2022	2022
		£	£	£	£	£	£
INCOME FROM							
Donations and legacies	2	1,190	364,100	365,290	42,109	365,934	408,043
Charitable activities	3	272,441	3,538	275,979	436,912	7,000	443,912
Investment income: bank interest		1,653	-	1,653	18	-	18
Other income		41,351	-	41,351	300	-	300
TOTAL INCOME		316,635	367,638	684,273	479,339	372,934	852,273
EXPENDITURE ON:							
Raising funds	5	20,168	37,885	58,053	88,433	-	88,433
Charitable activities	5						
Consultancy, Management and Training		3,448	-	3,448	40,703	-	40,703
Community Health Research		41,538	11,522	53,060	190,340	129	190,469
Long Term Conditions Support		117,948	311,274	429,222	166,749	139,638	306,387
Pregnancy, Birth and Early Parenthood		30,125	9,012	39,137	3,155	8,912	12,067
Youth Health		17,251	10,094	27,345	4,413	-	4,413
Financial and Digital Wellbeing		13,703	18,331	32,034	-	-	-
Project Development and New Initiatives		502	-	502	869	-	869
		224,515	360,233	584,748	406,229	148,679	554,908
TOTAL EXPENDITURE		244,683	398,118	642,801	494,662	148,679	643,341
Net income / (expenditure) for the year before transfers		71,952	(30,480)	41,472	(15,323)	224,255	208,932
Transfer between funds	15	-	-	-	(4,750)	4,750	-
NET INCOME/(EXPENDITURE) FOR THE YEAR		71,952	(30,480)	41,472	(20,073)	229,005	208,932
RECONCILIATION OF FUNDS							
TOTAL FUNDS AT 1 APRIL 2022		195,768	274,823	470,591	215,841	45,818	261,659
TOTAL FUNDS AT 31 MARCH 2023		£ 267,720	£ 244,343	£ 512,063	£ 195,768	£ 274,823	£ 470,591

All income and expenditure has arisen from continuing activities

The annexed notes form part of these financial statements

SOCIAL ACTION FOR HEALTH
(company limited by guarantee number 02954744)

BALANCE SHEET
(company limited by guarantee number 02954744)
As at 31 March 2023

	Notes	2023	2022
		£	£
FIXED ASSETS			
Tangible assets	12	6,318	10,308
CURRENT ASSETS			
Debtors	13	68,240	102,712
Cash at bank and in hand		451,288	548,962
		<u>519,528</u>	<u>651,674</u>
CREDITORS: amounts falling due within one year	14	(13,783)	(191,391)
NET CURRENT ASSETS		<u>505,745</u>	<u>460,283</u>
NET ASSETS		<u>£ 512,063</u>	<u>£ 470,591</u>
FUNDS			
Restricted funds	15	244,343	274,823
Unrestricted funds	15	267,720	195,768
		<u>£ 512,063</u>	<u>£ 470,591</u>

For the year ended 31 March 2023 the Company was entitled to exemption under section 477 of the Companies Act 2006 relating to small companies.

Directors' responsibilities:

- (i) The members have not required the Company to obtain an audit of its accounts for the year in question in accordance with section 476;
- (ii) The directors acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of accounts.

The financial statements have been prepared in accordance with 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 2019) - (Charities SORP FRS 102), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Companies Act 2006.

These financial statements have been prepared in accordance with the provisions applicable to charitable companies subject to the small companies regime.

They were approved, and authorised for issue, by the Board of Trustees on ...15th December 2023... and signed on their behalf by:-



KARIN PAPPENHEIM, Chair

The annexed notes form part of these financial statements

SOCIAL ACTION FOR HEALTH

STATEMENT OF CASHFLOWS For the year ended 31 March 2023

	2023		2022	
	£	£	£	£
Cash flows from operating activities		41,472		208,932
Add back depreciation		3,990		3,990
Net cash provided by / (used in) operating activities				
(Increase)/decrease in debtors	34,472		(6,190)	
Increase/(decrease) in creditors	<u>(177,608)</u>		<u>31,124</u>	
		(143,136)		24,934
Cash flows from investing activities				
Purchase of fixed assets		-		-
Change in cash and cash equivalents in the year		<u>(97,674)</u>		<u>237,856</u>
Cash and cash equivalents at the beginning of the year		548,962		311,106
Cash and cash equivalents at the year end		<u><u>451,288</u></u>		<u><u>548,962</u></u>

NOTES TO THE FINANCIAL STATEMENTS

For the year ended 31 March 2023

1. ACCOUNTING POLICIES

Basis of preparation of financial statements

The accounts have been prepared under the historical cost accounting rules, and in accordance with 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 2019) - (Charities SORP FRS 102), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Companies Act 2006.

Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy or note.

Judgements and key sources of estimation uncertainty are detailed in the accounting policies where applicable.

Public benefit entity

The charitable company meets the definition of a public benefit entity under FRS 102.

Going concern

The Trustees consider that there are no material uncertainties about the charitable company's ability to continue as a going concern. Key judgements that the charitable company has made which have a significant effect on the accounts include estimating income and expenditure for the next 12 months, in particular the economic impact of the Covid 19 pandemic.

Income

Income is recognised when the charity has entitlement to the funds: this is when any performance conditions attached to the income have been met, it is probable that the income will be received, and that the amount can be measured reliably.

Income from government and other grants, whether 'capital' grants 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 reliably and is not deferred.

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 by the executor(s) to the charity that a distribution will be 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 asset and disclosed if material.

Income is only deferred when: the donor specifies that the grant or donation must only be used in future accounting periods; or for performance related grants, where these are received in advance of the performances or specific event to which they relate.

NOTES TO THE FINANCIAL STATEMENTS

For the year ended 31 March 2023

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.

Company status

Social Action for Health is a company limited by guarantee. In the event of the Charity being wound up, the liability in respect of the guarantee is limited to £1 per member of the Charity.

Fund accounting

Restricted funds are to be used for specific purposes as laid down by the donor. Expenditure which meets these criteria is charged to the fund.

Unrestricted funds are donations and other incoming resources received or generated for the charitable purposes.

Designated funds are unrestricted funds earmarked by the trustees for particular purposes.

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 activity headings:

Fundraising costs

Costs of raising funds relate to the costs incurred by the charitable company in inducing third parties to make voluntary contributions to it, as well as the cost of any activities with a fundraising purpose.

Charitable activities

Expenditure on charitable activities includes the costs of delivering services and reading activities undertaken to further the purposes of the charity and their associated support costs.

Other expenditure

Other expenditure represents those items not falling into any other heading.

Reclassification of charitable activities

During the year, the charity has reviewed and updated the naming of its charitable activities to better reflect its work. These accounts are presented on the basis of these reclassifications, and the comparatives have been updated to match.

NOTES TO THE FINANCIAL STATEMENTS

For the year ended 31 March 2023

Allocation of support costs

Resources expended are allocated to the particular activity where the cost relates directly to that activity. Staff costs are stated on the basis of staff time. Support costs which cannot be directly attributed to charitable activities are allocated in proportion to staff costs.

Where information about the aims, objectives and projects of the charity is also provided to potential donors, activity costs are apportioned between fundraising and charitable activities on the basis of the area of literature occupied by each activity.

Operating leases

Rental charges are charged on a straight line basis over the term of the lease.

Tangible fixed assets and depreciation

Tangible fixed assets (excluding investments) are stated at cost less depreciation. The cost of minor additions or those costing less than £1000 are not capitalised. Other fixed assets with an expected life of more than one year are included at cost and depreciated over four years.

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.

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. Cash balances exclude any funds held on behalf of service users.

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.

The charity only has financial assets and financial liabilities of a kind that qualify as basic financial instruments. Basic financial instruments are initially recognised at transaction value and subsequently measured at their settlement value with the exception of bank loans which are subsequently measured at amortised cost using the effective interest method.

Pensions

The charity operates a defined contributions pension scheme, which is a Group Stakeholder Pension Scheme. During the year, the charity contributed up to 3% of gross pay for all staff. The contributions made during the year are treated as an expense and were £10,075 (2022 - £7,465).

SOCIAL ACTION FOR HEALTH

NOTES TO THE FINANCIAL STATEMENTS For the year ended 31 March 2023

2. DONATIONS AND LEGACIES	Unrestricted	Restricted	Total	<i>Restated</i> Unrestricted	<i>Restated</i> Restricted	<i>Restated</i> Total
	Funds 2023 £	Funds 2023 £	Funds 2023 £	Funds 2022 £	Funds 2022 £	Funds 2022 £
Trusts and foundations	-	364,100	364,100	-	357,044	357,044
Corporates	1,000	-	1,000	-	-	-
Other donations	190	-	190	42,109	8,890	50,999
	£ 1,190	£ 364,100	£ 365,290	£ 42,109	£ 365,934	£ 408,043

Other donations 2022 include £41,994 of government funding through the Coronavirus Job Retention Scheme - none in the current year.

3. INCOME FROM CHARITABLE ACTIVITIES	Unrestricted	Restricted	Total	<i>Restated</i> Unrestricted	<i>Restated</i> Restricted	<i>Restated</i> Total
	Funds 2023 £	Funds 2023 £	Funds 2023 £	Funds 2022 £	Funds 2022 £	Funds 2022 £
Consultancy, Management and Training	9,001	-	9,001	61,708	-	61,708
Long Term Conditions Support	189,208	3,538	192,746	171,192	1,000	172,192
Community Health Research	63,849	-	63,849	187,412	-	187,412
Pregnancy, birth and early parenthood	5,000	-	5,000	-	6,000	6,000
Project Development and New Initiatives	833	-	833	16,600	-	16,600
Youth Health	4,550	-	4,550	-	-	-
Financial and Digital Wellbeing	-	-	-	-	-	-
	£ 272,441	£ 3,538	£ 275,979	£ 436,912	£ 7,000	£ 443,912

4. PRIOR YEAR ADJUSTMENT

During the year, it was discovered that restricted grant income of £67,223 from one source was registered as income from charitable activities in 2022. The comparatives have been restated to move this to donations and legacies. This has resulted in an increase in restricted Donations and Legacies income in 2022, from £298,711 to £365,934 and a decrease in restricted Income from Charitable Activities from £74,223 to £7,000.

SOCIAL ACTION FOR HEALTH

NOTES TO THE FINANCIAL STATEMENTS
For the year ended 31 March 2023

5. ANALYSIS OF EXPENDITURE

	Staff costs £	Direct costs £	Support & governance £	Total 2023 £	Total 2022 £
Consultancy, Management and Training	541	2,457	450	3,448	40,703
Community Health Research	27,063	3,469	22,528	53,060	190,469
Long Term Conditions Support	210,795	42,957	175,470	429,222	306,387
Pregnancy, Birth and Early Parenthood	19,655	3,121	16,361	39,137	12,067
Youth Health	13,005	3,514	10,826	27,345	4,413
Project Development and New Initiatives	274	-	228	502	869
Financial and Digital Wellbeing	16,171	2,402	13,461	32,034	-
	<u>287,504</u>	<u>57,920</u>	<u>239,324</u>	<u>584,748</u>	<u>554,908</u>
Fundraising	11,003	37,891	9,159	58,053	88,433
Support & governance	121,022	127,461	(248,483)	-	-
	<u>£ 419,529</u>	<u>£ 223,272</u>	<u>£ Nil</u>	<u>£ 642,801</u>	<u>£ 643,341</u>

NOTE 5 ANALYSIS OF EXPENDITURE CONTINUED - 2022

	Staff costs £	Direct costs £	Support & governance £	Total 2023 £
Consultancy, Management and Training	2,090	36,918	1,695	40,703
Community Health Research	99,179	10,892	80,398	190,469
Long Term Conditions Support	154,004	27,542	124,841	306,387
Pregnancy, Birth and Early Parenthood	5,566	1,989	4,512	12,067
Youth Health	2,437	-	1,976	4,413
Project Development and New Initiatives	480	-	389	869
	<u>263,756</u>	<u>77,341</u>	<u>213,811</u>	<u>554,908</u>
Fundraising	48,841	-	39,592	88,433
Support & governance	127,799	125,604	(253,403)	-
	<u>£ 440,396</u>	<u>£ 202,945</u>	<u>£ Nil</u>	<u>£ 643,341</u>

During the year, the charity has reviewed and updated the naming of its charitable activities to better reflect its work. These accounts are presented on the basis of these reclassifications, and the comparatives have been updated to match.

Of the total expenditure, £244,683 was unrestricted (2022 - £494,662) and £398,118 was restricted (2022 - £148,679).

SOCIAL ACTION FOR HEALTH

NOTES TO THE FINANCIAL STATEMENTS

For the year ended 31 March 2023

6. NET INCOME / EXPENDITURE FOR THE YEAR

This is stated after charging / crediting:

	2023	2022
	£	£
Independent auditor's / examiner's remuneration:		
Independent examiner's fees	1,200	1,200
Operating lease rentals payable:		
Property	15,249	42,416
Other	-	3,542

7. STAFF COSTS AND NUMBERS

	Total Funds 2023 £	Total Funds 2022 £
Salary costs		
Wages and salaries	384,198	401,294
Social security costs	25,256	31,637
Pension costs	10,075	7,465
	<u>£ 419,529</u>	<u>£ 440,396</u>

The average number of employees (head count based on number of staff employed) during the year was 28 (2022 - 37).

The total employee benefits, including pension contributions, of the key management personnel were £65,510 (2022 - £62,690).

During the year, no employee earned more than £60,000 (2022 - the same).

8. PENSION SCHEME

The charitable company operates a defined contributions pension scheme. The assets of the scheme are held separately from those of the charitable company in the independently managed NEST pension fund. The pension cost charge represents contributions payable under the scheme by the charitable company to the fund. The charitable company has no liability under the scheme other than for the payment of those contributions.

9. TRUSTEES' REMUNERATION AND EXPENSES

The charity trustees were not paid and did not receive any other benefits from association with the charity in the year (2022 - £nil). No charity trustee received payment for professional or other services supplied to the charity (2022 - £nil).

No expenses were paid to the Trustees (2022 - the same).

SOCIAL ACTION FOR HEALTH

NOTES TO THE FINANCIAL STATEMENTS

For the year ended 31 March 2023

10. RELATED PARTY TRANSACTIONS

Other than trustees' expenses above, there are no reportable related party transactions to disclose for 2023 (2022 - none).

11. TAXATION

The charitable company is exempt from corporation tax as all its income is charitable and is applied for charitable purposes.

12. TANGIBLE FIXED ASSETS

	Leasehold improvements	Fixtures and fittings	Office equipment	Total
	£	£	£	£
Cost				
At 1 April 2022	48,934	29,420	34,711	113,065
Depreciation				
At 1 April 2022	48,934	29,420	24,403	102,757
Charge for the year	-	-	3,990	3,990
At 31 March 2023	48,934	29,420	28,393	106,747
Net book value				
At 31 March 2022	£ Nil	£ Nil	£ 10,308	£ 10,308
At 31 March 2023	£ Nil	£ Nil	£ 6,318	£ 6,318

13. DEBTORS

	2023	2022
	£	£
Due within one year		
Trade debtors	91,208	102,712
- Less provision for bad debts	(23,968)	-
Accrued income	1,000	-
	<u>£ 68,240</u>	<u>£ 102,712</u>

SOCIAL ACTION FOR HEALTH

NOTES TO THE FINANCIAL STATEMENTS
For the year ended 31 March 2023

14. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2023 £	2022 £
Trade creditors	1,300	1,300
Deferred income	-	140,806
Social security and other taxes	10,427	7,422
Pension	-	1,755
Accruals	2,056	40,108
	<u>£ 13,783</u>	<u>£ 191,391</u>
<u>Deferred income</u>		
Balance at 1 April 2022	140,806	50,360
Amount released to incoming resources	(140,806)	(50,360)
Amount deferred in the year	-	140,806
	<u>£ Nil</u>	<u>£ 140,806</u>

15. STATEMENT OF FUNDS

	Brought Forward £	Incoming Resources £	Resources Expended £	Transfers and investment gains/(losses) £	Carried Forward £
RESTRICTED FUNDS					
Long Term Conditions Support					
Good Friends	7,256	4,118	(8,180)	-	3,194
My Moves	37,865	3,538	(41,403)	-	-
BAME Mental Health	57,931	129,276	(74,945)	-	112,262
4 Sight Sunday Lunches	1,248	-	-	-	1,248
Pregnancy, Birth and Early Parenthood					
Sure STEPS	14,846	-	(8,876)	-	5,970
Community Health Research					
Covid Vaccine Uptake	9,130	15,000	(24,130)	-	-
Financial and Digital Wellbeing	100,000	40,000	(18,331)	-	121,669
Other					
Core and Project Development	46,547	175,706	(222,253)	-	-
	<u>£ 274,823</u>	<u>£ 367,638</u>	<u>£ (398,118)</u>	<u>£ Nil</u>	<u>£ 244,343</u>
SUMMARY OF FUNDS					
General Funds	195,768	316,635	(244,683)	-	267,720
Restricted Funds	274,823	367,638	(398,118)	-	244,343
	<u>£ 470,591</u>	<u>£ 684,273</u>	<u>£ (642,801)</u>	<u>£ Nil</u>	<u>£ 512,063</u>

SOCIAL ACTION FOR HEALTH

NOTES TO THE FINANCIAL STATEMENTS

For the year ended 31 March 2023

The transfer of funds in 2022 relates to income from the Souter Trust for Sure STEPS which was received in the prior year but not recorded as restricted. As the amount is immaterial, the amount is transferred into restricted funds in lieu of a prior year adjustment.

STATEMENT OF FUNDS - 2022

	<i>Brought Forward</i>	<i>Incoming Resources</i>	<i>Resources Expended</i>	<i>Transfers and investment gains/(losses)</i>	<i>Carried Forward</i>
	£	£	£	£	£
RESTRICTED FUNDS					
<i>Long Term Conditions Support</i>					
<i>Good Friends</i>	14,955	8,000	(15,700)	-	7,255
<i>My Moves</i>	29,615	67,223	(58,973)	-	37,865
<i>BAME Mental Health</i>	-	60,593	(2,662)	-	57,931
<i>4 Sigt Sunday Lunches</i>	1,248	-	-	-	1,248
<i>Pregnancy, Birth and Early Parenthood</i>					
<i>Sure STEPS</i>	-	18,223	(8,127)	4,750	14,846
<i>Community Health Research</i>					
<i>Covid Vaccine Uptake</i>	-	10,000	(870)	-	9,130
<i>Financial and Digital Wellbeing</i>	-	100,000	-	-	100,000
<i>Other</i>					
<i>Core and project development</i>	-	108,895	(62,347)	-	46,548
	<u>£ 45,818</u>	<u>£ 372,934</u>	<u>£ (148,679)</u>	<u>£ 4,750</u>	<u>£ 274,823</u>
SUMMARY OF FUNDS					
<i>General Funds</i>	215,841	479,339	(494,662)	(4,750)	195,768
<i>Restricted Funds</i>	45,818	372,934	(148,679)	4,750	274,823
	<u>£ 261,659</u>	<u>£ 852,273</u>	<u>£ (643,341)</u>	<u>£ Nil</u>	<u>£ 470,591</u>

16. ANALYSIS OF NET ASSETS BETWEEN FUNDS

	Unrestricted Funds		Restricted Funds	Total Funds
	Designated Funds	General Funds		
	£	£	£	£
Tangible fixed assets	-	6,318	-	6,318
Net current assets	-	261,402	244,343	505,745
	<u>£ Nil</u>	<u>£ 267,720</u>	<u>£ 244,343</u>	<u>£ 512,063</u>

SOCIAL ACTION FOR HEALTH

NOTES TO THE FINANCIAL STATEMENTS

For the year ended 31 March 2023

2022

	<i>Unrestricted Funds</i>			<i>Total Funds</i>	
	<i>Designated Funds</i>	<i>General Funds</i>	<i>Restricted Funds</i>		
	£	£	£		
<i>Tangible fixed assets</i>	-	10,308	-	10,308	
<i>Net current assets</i>	-	185,460	274,823	460,283	
	<u>£</u>	<u>Nil</u>	<u>£ 195,768</u>	<u>£ Nil</u>	<u>£ 470,591</u>

17. OPERATING LEASE COMMITMENTS

The charity has a long-term, rolling agreement for hire of rooms at the Brady Arts Centre. It had no lease commitment at the year-end 2021/22 having surrendered a lease for Ment House during the year (2022 - there was a commitment of £6,048 in relation to the final 4 months of the office premises lease which was cancelled during that year).

18. OTHER COMPANY INFORMATION

Social Action for Health is a charitable company limited by guarantee, registered in England with registration number 02954744. Its registered office address is Brady Arts Centre, 192-196 Hanbury Street, London, England, E1 5HU. The accounts are presented in GBP rounded to £1.

SOCIAL ACTION FOR HEALTH

England & Wales - Charity number 1040496

Accounts

Company number: 2954744

Charity Number: 1040496

Social Action for Health

Report and financial statements
For the year ended 31 March 2022

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Company number	2954744
Country of incorporation	United Kingdom
Charity number	1040496
Country of registration	England & Wales
Registered office	Brady Arts Centre, 192-196 Hanbury Street, London, E1 5HU

Trustees

Trustees, who are also directors under company law, who served during the year and up to the date of this report were as follows:

Hannah Stranger-Jones	Chair
Ryan Barnett	Treasurer
Pooja Shah	
Harveen Udhi	Resigned 27 September 2022
Emma Backhouse	Appointed 8 August 2020
Alex Murtough	Appointed 1 December 2021
Karin Pappenheim	Appointed 1 December 2021
Lewis Batkin	Appointed 27 September 2022
Helena Roy	Appointed 27 September 2022

Key management personnel

Chief Executive	Ceri Durham (interim until May 2021 and substantive thereafter)
Finance Director	Clive Cartwright (until July 2021)

Accountants NfP Accountancy Limited. Appointed 1 October 2021

Bankers NatWest plc., 403 Bethnal Green Road, London, E2 OAF

HR and legal Mentor, 100 West George Street, Glasgow, G2 1PP

Independent Examiner Shruti Soni, T/A Charity Accountant

SOCIAL ACTION FOR HEALTH

CHARITABLE OBJECTIVES

As set out in our Governing documents, our Charitable Objectives are:

1. **To preserve and protect the good health** of the public within London and elsewhere within England;
2. **The relief of unemployment** for the benefit of the public in such ways as are thought fit, including assistance to find employment; and
3. **To develop the capacity and skills** of members of socially and economically disadvantaged communities **to enable them better to identify and meet their needs** in order to participate more fully in society.

VISION AND MISSION

A world where unfair and avoidable health inequalities no longer exist.

Our mission is to support and address the priorities of those most affected by health inequalities, and to champion the case for wider structural and societal change.

THEORY OF CHANGE

Poverty, discrimination, prejudice and inaccessible systems across society are leading to an unequal distribution of good health.

The more control people have over their lives, the better their health and wellbeing.

We provide services and support within communities most affected by health inequalities to:

Increase people's ability to **identify personal priorities** and goals

Increase people's **confidence to make decisions** about their health and wellbeing

Increase people's ability to vocalise their preferences and **act on their decisions**

The increased capacity and better health of individuals leads to a reduction in avoidable health inequalities for them and their communities.

Welcome from the Trustees and Strategic Update

It is with great pleasure that the Trustees present their report and the financial statements for the year ended 31 March 2022.

Social Action for Health has worked with multi-ethnic communities in east London for over 35 years to address the impact of the health inequalities that are so deeply established within our society. We continue to believe that poverty, discrimination, prejudice, and inaccessible systems across society are leading to an unequal distribution of good health. Following the COVID-19 pandemic, we have seen an increased awareness across society of the social determinants of health, the impact of racism and discrimination on wellbeing. However, we are also seeing the impact of political uncertainty, fuel poverty and the cost-of-living crisis on our staff and beneficiaries, factors only likely to increase the health gap between the richest and poorest in society. In this report, we report on our progress against our 2021-22 priorities, the highlights and challenges and set out our vision of how we will continue to work in line with our charitable objectives and address our priorities.

Reference and administrative information set out on page 1 forms part of this report. The financial statements comply with current statutory requirements, the memorandum and articles of association, the requirements of a directors' report as required under company law, and the Statement of Recommended Practice - Accounting and Reporting by Charities: SORP applicable to charities preparing their accounts in accordance with FRS 102.

Strategic Direction 2021-22

Financial Year 2021-22 was a year of change for Social Action for Health. Ceri Durham was appointed as substantive CEO, Hannah Stranger-Jones became the new Chair. As the country started to wonder what a post-COVID 19 world might look like, we took the opportunity to reflect on what we do well as an organisation, what we had learned in the pandemic and what kind of organisation we wanted to be going forward.

The entire staff team and trustees were involved in an extensive consultation and design process to agree the strategic direction of Social Action for Health over the next 2-3 years. The strategy and was approved by the Board at the end of September 2021.

The organisation has committed to supporting people in the following health contexts:

1. Long-term health conditions, including people living with cancer, mental health conditions and long-Covid;
2. Pregnancy, birth and early-parenthood, and
3. developing our expertise around youth health.

In each of these areas, Social Action for Health will provide **direct provision of health-related services and support** to beneficiaries who are at the greatest risk of health disadvantage and participate in **research and community engagement** which supports the delivery of those services and allows us to amplify the voices of those most affected. Although the youth health strand is new, the other two contexts build on our existing expertise and ongoing commitment in these areas. They reflect two life-course events when people are most likely to access health services and where the wider social contexts and social determinants of health play out in well-evidenced experiences of preventable health inequalities.

APPROACHES

We regularly reflect on what works well when supporting our community. Our current approach is underpinned by three key concepts:

Community

We bring people and organisations together to share experiences and build a community around each of our participants.

We know isolation is damaging to health, wellbeing and self-confidence, so all of our work involves connecting people and nurturing a sense of belonging for all.

Knowledge

We support people to act on the priorities in their lives by equipping them with knowledge, skills, support networks and experience.

We believe that information should be widely accessible, and support people to share their knowledge and learning to benefit the wider community.

Holistic Health

We accept the World Health Organisation's definition that "health is a state of complete physical, mental and social wellbeing".

We focus on matters relating to health and wellbeing to support people to develop the skills and abilities they need to make informed decisions in all areas of their lives.

VALUES

Our values reflect how we work with people across all our projects:

CURIOSITY

We are always seeking to improve our understanding of what we should offer to the community and how to effect change. We create and celebrate opportunities to share findings and to learn together.

RESPECTFUL

We support people's right to make informed decisions and have control over their own lives to the greatest extent possible. We do not tell people what they should do.

ACCESSIBILITY

We believe in breaking down social barriers that prevent access to good health and wellbeing. We consider cultural, language and physical requirements across all our activities.

EQUALITY

We know how transformative it is to hear from someone with similar experiences and be treated as an equal. We bring people together to share their stories and support one another.

COLLABORATION

We believe that people and communities are stronger and more effective together. All of our work brings together and builds on the skills and strength of local people and organisations.



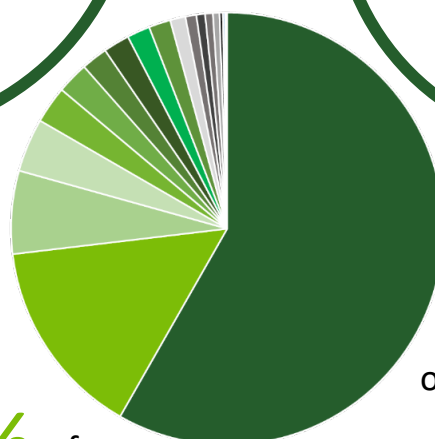
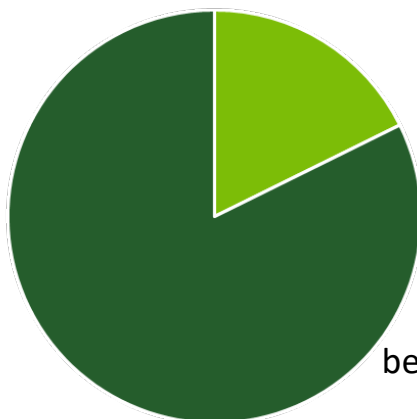
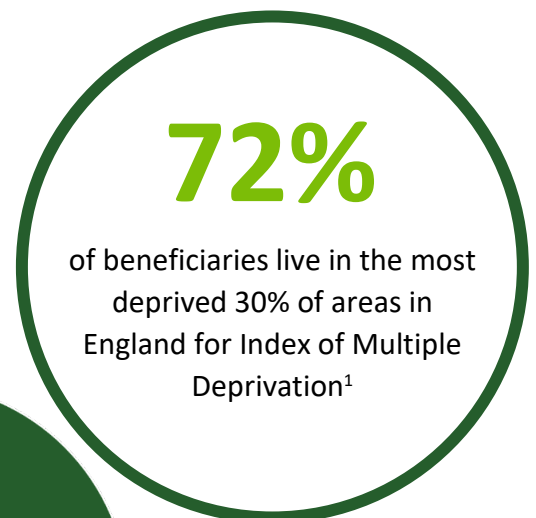
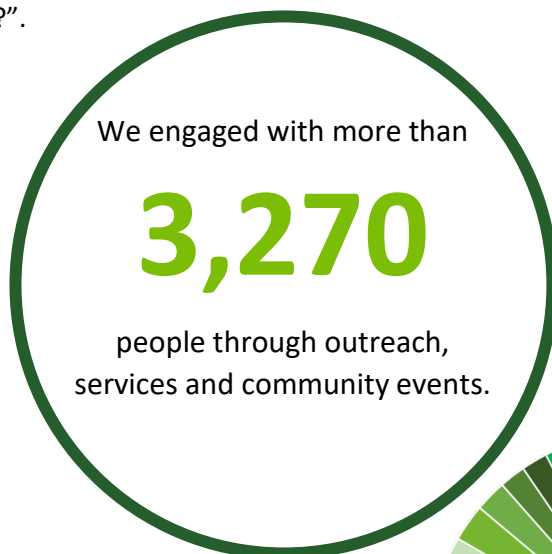
Strategic Aims

Our core approach remains empowering, not imposing, and will allow us to achieve our strategic aims of supporting people to:

1. identify personal and community priorities and goals
2. make decisions about things that affect health and wellbeing
3. express their preferences; and
4. act on their decisions.

The organisational consultation demonstrated considerable support for Social Action for Health to continue to provide employment and work-experience opportunities for local people from disadvantaged local communities.

There was also significant commitment to **research and public engagement** work where it contributes to the core strategic aims (by funding, resources or otherwise), but not where the research simply uses the community as a research resource with no contribution to the community. We are committed to not being a 'market research' agency simply feeding back what we have found. Rather, we have agreed that there should always be the scope to act as a result of the research and / or academic partnership. The rule-of-thumb question remains "will this research leave individuals and communities stronger and more able to take action to improve their health as a result of our work?".



¹ Source: <https://datakind-uk.github.io/community-lens/>

Progress against 2021-22 priorities and looking forward to 2022-23

To achieve our strategic aims, the Board agreed that the Organisation should continue to build on progress made in previous years and deliver against the priorities set out below.

The intention is for the organisation to become more agile, volunteer-and community-oriented. Focus will be on training and developing volunteers and casual workers representative of the communities of east London who are most at risk of health disadvantage. This includes specific minoritized ethnic groups, those who are economically and socially disadvantaged, and those most subject to systemic discrimination.

2021-22 Priorities	Progress and looking to 2022-23
<p>To agree a new strategy which is relevant in a post-Covid world, enabling us to address the needs of those most affected by health inequities</p>	<p>This has been very successful as described above. The refreshed vision, mission, Theory of Change and strategy reflects what we do and why we do it, as well as the impact we wish to see.</p>
<p>To diversify the groups and communities we work with, and to fully reflect the demographics of east London in our beneficiaries, staff team and Board.</p>	<p>This has been more challenging, and will remain a key priority in the year ahead. We will be specifically seeking to increase the number of men and young people who are beneficiaries. We will also establish a Community Advisory Group to influence all our work, and to continue to make progress on the diversification of the Board, particularly focused on welcoming trustees with lived experience of the issues we address.</p>
<p>To continue to improve project management and financial management systems and processes.</p>	<p>This is an ongoing priority. Significant progress has been made on financial management by increasingly integrated use of QuickBooks. We are also delighted to record that we have achieved Cyber Essentials accreditation.</p>
<p>To measure our impact to be able to better demonstrate and talk about our work.</p>	<p>This is an ongoing priority. Our updated strategy and vision have improved our ability to measure our impact at all levels of the organisation, and agreed organisational impact measurements are now integrated into all project delivery work. We have set up an Impact and Strategy Committee to focus on this goal.</p>
<p>To ensure all staff are accessing opportunities for formal and informal training and learning.</p>	<p>Progress against this priority has been good. We ran comprehensive training for volunteers and delivery staff on all strategic and operational areas including health and safety,</p>

	safeguarding, and areas of responsibility in the organisation. We will be looking to develop an HR and People Strategy in the coming year.
Continue to diversify income streams and increase funding from trusts and foundations.	Employing a full-time, experienced fundraiser ensured great progress was made against this priority. Trusts and Foundations formed 34% of our income over the past year compared to 7% in 2020-21. We will continue to seek funders with aligned goals to enable us to deliver services and support to our beneficiaries.
Working towards unrestricted reserves position of £250,000.	Unrestricted reserves at the close of 2021-22 were £195,768. The organisation will continue to aim to hold reserves of £250,000.



Key areas of work and projects over the past year

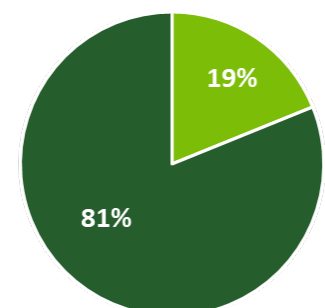
Long-term Health Conditions:

We know that there are many factors that result in people experiencing long-term health conditions, and that managing them is complex. Understanding and responding to the specific needs of each community is central to our approach and success. Over the past year we have run six projects all supporting people to address long-term health conditions in different ways.

1. For 22 years, our project **Good Moves** has helped people in Tower Hamlets manage their long-term health conditions and overall health. The project supports adults in Tower Hamlets who are living with diabetes, Chronic Kidney Disease, heart disease and/or hypertension through an eight-week course. Over the past year, we supported 389 participants over 30 Good Moves courses in 3 community languages (Bengali, Somali and English). At the end of 2021, Good Moves was shortlisted for the Health and Wellbeing Award at the London Sport Awards and made it into the top 28 out of nearly 300 nominees.



weight management is part of successfully managing many long-term health conditions. We run **Change for Good**, which follows a 12-week NHS approved programme which is designed to help people achieve their personal weight loss goals. We run the course in English and Bengali, online and in-person, and have supported 556 people over the year. Referrals are overwhelmingly received from GPs and Social Prescribers who appreciate the personal service we offer, that it is culturally and linguistically appropriate for their patients.



■ Self-referral ■ GP or Social Prescriber Referral

3. We know that one of the most beneficial aspects of our work is bringing people together in comfortable, and culturally accessible spaces to learn from and support each other. **Good Friends** offers support and friendship for people who have a long-term physical or mental health condition or disability and feel lonely or isolated. The project offers a one-to-one befriending and group support in Bengali and English and has supported 107 people this year (predominantly Bengali women aged 45+). 53% of participants reported that they were improving the way they managed their long-term condition or illness as a result of being involved in Good Friends. *“I feel that without the Good Friends Peer Support I would have still be in depression and my health would have gone from bad to worse”* – feedback from a Good Friends beneficiary.

4. **My Moves** encourages people aged 50+ who would not usually take part in sports or exercise to become more active and to meet others. As we resumed face-to-face delivery, we increased the number of courses on our My Moves project and delivered courses in Bangladeshi, Somali and Chinese. After six months of outreach and relationship building, we were particularly pleased to have re-engaged with the Chinese Association of Tower Hamlets. The culturally accessible programme uses traditional dance and choreography, ESOL (English lessons) and healthy lifestyle self-management techniques to build esteem and wellbeing. A major element of this programme – developed during lockdown – has been digital inclusion, designed to help people learn how to make GP appointments online. This was so well received and highlighted such need that it is likely to be an ongoing programme of work across all our projects.



“I really liked the English classes and all the opportunities. I like the exercise and using the laptops. I like how there are many things to do, so I am not bored. The teachers are so good. I am very active now because of the dance and I look forward to the classes. Even if it is raining, I make sure I am there. The communication is very very good. Before starting, I felt the loneliness. Now I don’t feel lonely. I feel more strong, more happy and more active.”

5. With our friends at **St Mary's Secret Garden**, we ran four **Gardening** programmes for people in Hackney who were living with a long-term health condition, or who were bereaved. The project provided inclusive self-management and horticultural therapy to 32 direct beneficiaries. Getting out and about in the garden and then sharing a simple meal, were identified as highlights by beneficiaries.



6. We were delighted to have obtained specific funding to relaunch our work supporting Black, Asian and Minoritised Ethnic men and their mental health and wellbeing. Our **Wellbeing for Black, Asian and Minoritised Ethnic Men** project will combine research of lived experience of sub-optimal mental health and access to appropriate support, with social and related groups which participants have identified as being beneficial to their mental health and wellbeing. The flexibility of the project means that the project will be able to adapt and evolve over time to ensure that users will remain central to defining problems and identifying solutions to the mental health challenges which they face.

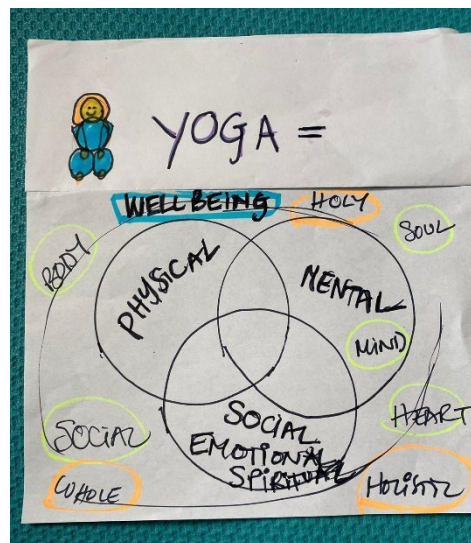
Pregnancy, Birth and Early Parenthood:

Wider inequalities in healthcare and the effects of social determinants of health are well reported, including the inequalities in mortality rates for women and their babies reported by MBRRACE-UK reports.

Social Action for Health has a long history of supporting women from disadvantaged groups in pregnancy and early parenthood. Over the past year, we have continued to run our **Sure STEPS** project. The project matches women, new mothers and parents struggling to deal with the challenges of becoming a parent to trained volunteers in the community for emotional and practical support for those facing difficulties including domestic abuse, homelessness, loneliness and isolation and mental health difficulties. We have supported 25 women from Tower Hamlets. The support is long-term and flexible depending on the requirements of the mother and the support the volunteer is able to provide. We will provide support up until a baby is two years old (or longer if required) and are unique in the sector in trying not to work to strict cut-offs, but allowing a trusting relationship to grow and to end organically.

This year, in addition to the 1-2-1 support we piloted online yoga and wellbeing sessions for our Sure STEPS mums and volunteers to provide a safe, accessible space for connection, rest and relaxation, and a chance for those in a constant care-giving role to give care to themselves.

“The yoga has created a sense of support between others and also a way for me to try small movements that I would have refrained from initially. The session also helps me move my body differently to help relax certain tensions.” feedback from a Sure STEPS mum.



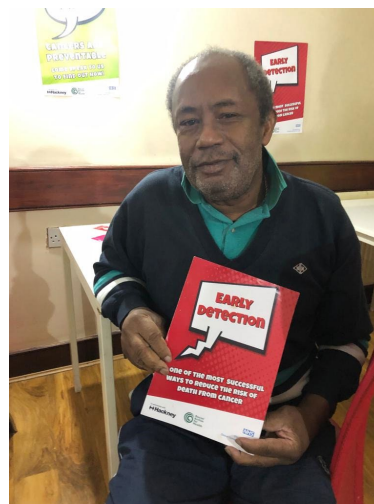
Focus over the next year will be about creating physical, in-person ‘hubs’ and social spaces where parents can meet and socialize with others in similar positions to them. The one-to-one support will continue, but post-lockdown we are recognizing an increased demand for spaces such as these, including with support in different languages. We hope these hubs will also give our volunteer peer-supporters and mothers a goal to aim for, with parents becoming well enough and confident enough to venture out and access wider support.

Community Research:

We have been delighted over the past year to have been able to continue and develop our Community Research work, building on authentic connections into communities. Particular highlights and larger scale projects have been set out below.

We have been commissioned by multiple partners to gather in-depth insight on community **health concerns, vaccine uptake**, and the **impact of the COVID-19 pandemic**. We collaborated on a project enhancing COVID-19 vaccine confidence across ethnic minoritised communities, explored COVID-19 vaccine uptake and trust in Tower Hamlets, and spoke to 1,612 Bangladeshi families in Tower Hamlets about their experiences during the pandemic.

We ran a short-term **Cancer Awareness** project in Hackney which increased awareness of the general signs and symptoms of cancer, increased confidence in seeking earlier medical interventions, and raised awareness and encouraged attendance at recommended cancer screenings. We held outreach stalls, visited shops and community venues, ran a poster campaign, and convened two focus groups where participants were encouraged to share their experiences and concerns in relation to cancer.



We continued to work with Queen Mary University of London on the **Genes and Health** research study. Genes and Health is the biggest scientific study in the world researching genetics in people of Bangladeshi and Pakistani heritage to better understand why these communities experience particularly high rates of poor health and disease in the UK. To raise awareness of the study, we launched professionally produced videos, ran social media campaigns, and made a measured return to community venues once it was allowed, and as community venues re-started welcoming outside groups again.



Consultancy, Management and Training

Over the past year we have continued to work closely and in collaboration with a number of institutions, community and voluntary sector organisations through formal and informal partnership working, community networks or by providing strategic or similar input. This will continue to be a key feature of the way we work. Some examples of joint activities were with St Margaret's House, Queen Mary University of London, Tower Hamlets Carers Centre, St Joseph's Hospice, CCGs and GP surgeries and Poplar HARCA.

Our **Tower Hamlets Health and Advice Link (THHAL) consortium project** came to a close. We had led the project alongside four advice agencies; the Bromley by Bow Centre, Limehouse Project, Citizens Advice East End and Island Advice Centre for a number of years, but it was decided not to pursue this work once the contracted period ended. We are very proud of all the work carried out over the years, and will seek other opportunities in future which continue to reflect that income is one of the main social determinants of health.



Financial review

There were no significant events during the year that affected the performance of the Charity. Although income was down compared to last year, receipt of grants and tight management helped maintain a good surplus and cash position to support the charity as it moves into next year.

Social Action for Health made a surplus of £208,932 (2021: £116,705). This includes net expenditure on unrestricted funds of £20,073 after transfers (2021: net income of £72,135), and net income in restricted funds of £229,005 (2021: £44,570).

Total income in the year decreased to £852,273 (2021: £959,956). Total expenditure also significantly decreased to £643,341 (2021: £843,251). This was achieved mainly by staff savings and by terminating the lease of our Hackney premises. The registered and sole operational address for the organisation is now in Brady Centre, Tower Hamlets.

The reduction in expenses combined with successful trusts and foundation fundraising has increased total reserves to £470,591 (2021: £261,659) of which £195,768 are unrestricted (2021: £215,861)

For the first time, Social Action for Health employed a full-time fundraiser with a focus on raising funds from trusts and foundations. This helped significantly to diversify the income of the charity to a split of 46% Grants and Donations (£408,043) and 54% Contracts and SLAs: (£481,712). The charity observes and complies with the relevant fundraising regulations and codes. During the year there was no non-compliance of these regulations and codes and Social Action for Health received no complaints relating to its fundraising practice.



Reserves policy

Proactive, day-by-day cash flow management alongside contract and resource management ensures that Social Action for Health is a going concern.

In the short term, this is supported by strong cash reserves, strong cash flow management and based on committed contractual income and risk assessed new income. Cash flow is forecasted to remain positive until at least June 2024.

We aim to always hold at least three months of running costs plus redundancy and related costs in the event a closure is required. The trustees have identified that this (calculated to June 2024) is £137,746. This is significantly higher than the amount identified last year (£115,000) because of the length of service and age of employees who would be entitled to increased statutory redundancy pay, plus inclusion of a significant 'buffer' to reflect uncertain times where inflation is high.

The Trustees continue to aim to hold unrestricted reserves of £250,000 to allow for unanticipated spend or emergencies but have agreed that they should not hold significant unrestricted reserves above this level. Rather, such funds should be spent on development of new projects and / or employment of additional staff.

This approach is to underpin strategic business development, ensuring that Social Action for Health can take proactive decisions to invest in developing new projects and services as well as ensuring

there is sufficient cash to support continuity and sustainability through economic and political changes. Reserves will not be used to subsidise contracted service delivery.

The key aim of the charity over the year ahead is to maintain reduced expenditure and increase income to ensure the reserves are not significantly reduced, and over the course of the years ahead can continue to grow. This will lead to the charity being in a more stable position and able to take on more innovative projects which respond to community insights.

Going concern basis of accounting

The trustees have considered the underlying assumptions; the level of confirmed funding agreed at the date of approval of these accounts and assessed the financial position for reasonableness. The trustees have considered whether there are any material uncertainties that may cast doubt on the charity’s ability to continue to adopt the going concern basis of accounting for a period of at least twelve months from the date when the financial statements are authorised for issue. The trustees are satisfied that although funding needs to increase in the year ahead and is likely to be challenging in light of the cost-of-living crisis and ongoing political turmoil, scrutiny over the past few years shows this is no different to previous years. With the ‘inflated’ reserves position as a benchmark, building in predicted inflationary increases and adding an additional 10% contingency, combined with continued careful management, there are no such material uncertainties which mean the charity will not be able to meet its liabilities when they become due.

Income and expenditure for 2022-23 and beyond will be scrutinised monthly by the senior management team, the Finance and Governance Committee and at quarterly board meetings to ensure all liabilities can be paid when they fall due, and that appropriate actions can be taken to manage the finances in the short and longer-term. We are currently seeking a new treasurer to be able to assist even more proactively with these functions.

Principal risks and uncertainties

The Trustees have considered what risks the charity faces and believe these to be principally relating to uncertainty of long-term funding for the organisation and the knock-on consequences this may have.

Risks	Mitigations
<p>1. Unable to generate sufficient income to cover desired charitable activities, especially over the longer-term in an increasingly challenging funding environment.</p>	<p>Mitigation: In light of refreshed theory of change and strategy, complete an updated income generation and fundraising strategy to determine staff and operational team requirements to ensure diverse income sources over long term.</p>
<p>2. Key personnel risk – there is risk to operations and service delivery in the event key personnel left, or were unable to work.</p>	<p>Mitigation Ensure three month notice periods for all senior managers. Continue to ensure delegated responsibility and wider involvement of trustees in finance and operational procedures. Recruit new treasurer to ensure active board with full access to</p>

	bank and related information.
3. Reserves are needed to be used for day-to-day spending which reduces them below the level in the reserves policy.	Mitigation Careful cash flow management including improved billing and invoice management. Increased use of QuickBooks for reporting and monitoring. Action taken if reserves drop below level in reserves policy.
4. Safeguarding and safety of staff, volunteers and participants.	Mitigation Annual safeguarding training for the entire organisation (including trustees) and ongoing training and monitoring of health and safety obligations and risk assessments in general and as appropriate for projects. Designated Board member responsible for safeguarding. Health and Safety and Safeguarding included as standing item at all Board meetings. Respond to risks identified as appropriate.
5. Trustee and staff skill mix does not reflect balance of community insight and lived experience with professional board skills	Mitigation Carry out skills audit of board and staff team. In recruitment, recruit to reflect gaps and train all trustees on obligations. Set up Community Advisory Group and continually aim to ensure diversity, genuine community engagement, language mix and lived experiences is embedded in all recruitment and activities.
6. Data Breach and Cyber Security breach	Mitigation Continue to have robust IT and related systems in place with skilled Data Protection Lead. Carry out Data Protection Impact Assessments on all projects and respond to risks identified as needed. Continue to maintain Cyber Essentials certification.

Structure, governance and management

Trustees take overall responsibility for the strategic direction of the organisation as well as ensuring a good legal and good practice framework underpins their role as the employer of staff. The whole board meets at least quarterly to familiarise themselves with Social Action for Health's workings and address acute challenges. Regular meetings are held by the two committees – Impact and Strategy, and Finance and Governance to ensure greater awareness and accountability.

Trustees are invited to attend relevant training as well as sharing learning and skills through facilitated sessions. Training this year will be around safeguarding and financial skills of the Board.

Ceri Durham has been appointed as CEO to lead a team of staff, sessional staff and volunteers to ensure strategic and business development in line with trustee decision as well as service and operational delivery in line with Social Action for Health's charitable objectives. Legally indemnified HR expertise is provided by Mentor.

The organisation is a charitable company limited by guarantee, incorporated on 19 July 1994 and registered as a charity on 31 August 1994.

The company was established under a memorandum of association which established the objects and powers of the charitable company and is governed under its articles of association.

All trustees give their time voluntarily and receive no benefits from the charity. Any expenses reclaimed from the charity are set out in Note 8 to the accounts.

Remuneration policy for key management personnel

We do a market review to set a pay banding for each type of role. The rate employees are paid within this band is based on experience and performance. Trustees approve pay banding and agree remuneration for the CEO.

Appointment of trustees

Trustees are recruited through an advertisement and interview process with the aim of ensuring an effective mix of skills, experience and network connections. There are currently no constitutional provisions for specific trustee appointments.

Four new trustees have been appointed over the past financial year and to date: Alex Murtough, Karin Pappenheim, Lewis Batkin and Helena Roy. The trustees are currently looking to replace the Treasurer who will be stepping down in December 2022.

Related parties and relationships with other organisations

Social Action for Health has a wide range of stakeholders and partnerships that are detailed in our contracting and subcontracting relationships. We work in several informal partnerships and actively pursue a collaborative way of working with other community-based organisations. However, these are not formally contracted and rely on memorandums of understanding and mutual trust and understanding on both sides.

Statement of responsibilities of the trustees

The trustees (who are also directors of Social Action for Health for the purposes of company law) are responsible for preparing the trustees' annual 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 and fair view of the state of affairs of the charitable company and of the incoming resources and application of resources, including the income and expenditure, of the charitable company for that period. In preparing these financial statements, the trustees are required to:

- Select suitable accounting policies and then apply them consistently
- Observe the methods and principles in the Charities Statement Of Recommended Practice (SORP)
- Make judgements and estimates that are reasonable and prudent
- State whether applicable UK Accounting Standards and statements of recommended practice have been followed, subject to any material departures disclosed and explained in the financial statements
- Prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in operation

The trustees are responsible for keeping adequate accounting records that disclose with reasonable accuracy at any time the financial position of the charitable company and enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the charitable company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

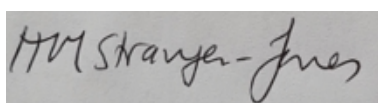
The trustees are responsible for the maintenance and integrity of the corporate and financial information included on the charitable company's website. Legislation in the United Kingdom governing the preparation and dissemination of financial statements may differ from legislation in other jurisdictions.

Members of the charity guarantee to contribute an amount not exceeding £1 to the assets of the charity in the event of winding up. The total number of such guarantees at 31 March 2022 was 7 and has become 9. The trustees are members of the charity but this entitles them only to voting rights. The trustees have no beneficial interest in the charity.

Independent Examiner

Shruti Soni was appointed as the charitable company's independent examiner during the year.

The trustees' annual report has been approved by the trustees on 16 December 2022 and signed on their behalf by



Hannah Stranger-Jones

Chair

Independent Examiner's Report to the Trustees of Social Action for Health

I report to the charity trustees on my examination of the accounts of the company for the year ended 31 March 2022 which are set out on pages 22 to 33.

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 company'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 the Association of Certified Chartered 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 that in any material respect:

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.

Signed: *Shruti Soni*

Date 21 December 2022

Shruti Soni FCCA ACIE
Shruti Soni Ltd
117a St Johns Hill
Sevenoaks, TN13 3PL

STATEMENT OF FINANCIAL ACTIVITIES

(incorporating Income and Expenditure Account & Statement of Total Realised Gains and Losses)

For the year ended 31 March 2022

	Note	Unrestricted Funds 2022 £	Restricted Funds 2022 £	Total Funds 2022 £	Unrestricted Funds 2021 £	Restricted Funds 2021 £	Total Funds 2021 £
INCOME FROM							
Donations and legacies	2	42,109	298,711	340,820	200,665	-	200,665
Charitable activities	3	436,912	74,223	511,135	574,266	180,706	754,972
Investment income: bank interest		18	-	18	-	-	-
Other income		300	-	300	4,319	-	4,319
TOTAL INCOME		479,339	372,934	852,273	779,250	180,706	959,956
EXPENDITURE ON:							
Raising funds	4	88,433	-	88,433	-	-	-
Charitable activities	4						
Consultancy, Management and Training		40,703	-	40,703	215,248	-	215,248
Community Health Research		190,340	129	190,469	208,307	46,788	255,095
Long Term Conditions Support		166,749	139,638	306,387	259,145	89,348	348,493
Pregnancy, Birth and Early Parenthood		3,155	8,912	12,067	24,415	-	24,415
Youth Health		4,413	-	4,413	-	-	-
Project Development and New Initiatives		869	-	869	-	-	-
		406,229	148,679	554,908	707,115	136,136	843,251
TOTAL EXPENDITURE		494,662	148,679	643,341	707,115	136,136	843,251
Net income / (expenditure) for the year before transfers		(15,323)	224,255	208,932	72,135	44,570	116,705
Transfer between funds	14	(4,750)	4,750	-	-	-	-
NET INCOME/(EXPENDITURE) FOR THE YEAR		(20,073)	229,005	208,932	72,135	44,570	116,705
RECONCILIATION OF FUNDS							
TOTAL FUNDS AT 1 APRIL 2021		215,841	45,818	261,659	143,706	1,248	144,954
TOTAL FUNDS AT 31 MARCH 2022		£ 195,768	£ 274,823	£ 470,591	£ 215,841	£ 45,818	£ 261,659

BALANCE SHEET

(company limited by guarantee number 02954744)

As at 31 March 2022

	Notes	£	2022 £	£	2021 £
FIXED ASSETS					
Tangible assets	11		10,308		14,298
CURRENT ASSETS					
Debtors	12	102,712		96,522	
Cash at bank and in hand		548,962		311,106	
		<u>651,674</u>		<u>407,628</u>	
CREDITORS: amounts falling due within one year	13	(191,391)		(160,267)	
NET CURRENT ASSETS			<u>460,283</u>		<u>247,361</u>
NET ASSETS			<u>£ 470,591</u>		<u>£ 261,659</u>
FUNDS					
Restricted funds	14		274,823		45,818
Unrestricted funds	14		195,768		215,841
			<u>£ 470,591</u>		<u>£ 261,659</u>

For the year ended 31 March 2022 the Company was entitled to exemption under section 477 of the Companies Act 2006 relating to small companies.

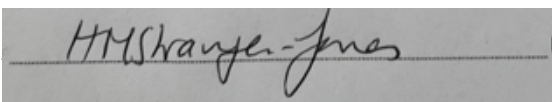
Directors' responsibilities:

- (i) The members have not required the Company to obtain an audit of its accounts for the year in question in accordance with section 476;
- (ii) The directors acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of accounts.

The financial statements have been prepared in accordance with 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 2019) - (Charities SORP FRS 102), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Companies Act 2006.

These financial statements have been prepared in accordance with the provisions applicable to charitable companies subject to the small companies regime.

They were approved, and authorised for issue, by the Board of Trustees on16.12.2022.... and signed on their behalf by:-



HANNAH STRANGER-JONES, Chair

STATEMENT OF CASHFLOWS
For the year ended 31 March 2022

	2022		2021	
	£	£	£	£
Cash flows from operating activities		208,932		116,705
Add back depreciation		3,990		10,268
Net cash provided by / (used in) operating activities				
(Increase)/decrease in debtors	(6,190)		24,282	
Increase/(decrease) in creditors	31,124		<u>66,211</u>	
		24,934		90,493
Cash flows from investing activities				
Purchase of fixed assets		-		(15,961)
Change in cash and cash equivalents in the year		<u>237,856</u>		<u>201,505</u>
Cash and cash equivalents at the beginning of the year		311,106		109,601
Cash and cash equivalents at the year end		<u>548,962</u>		<u>311,106</u>

1. ACCOUNTING POLICIES

Basis of preparation of financial statements

The accounts have been prepared under the historical cost accounting rules, and in accordance with 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 2019) - (Charities SORP FRS 102), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Companies Act 2006.

Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy or note.

Judgements and key sources of estimation uncertainty are detailed in the accounting policies where applicable.

Public benefit entity

The charitable company meets the definition of a public benefit entity under FRS 102.

Going concern

The Trustees consider that there are no material uncertainties about the charitable company's ability to continue as a going concern. Key judgements that the charitable company has made which have a significant effect on the accounts include estimating income and expenditure for the next 12 months, in particular the economic impact of the Covid 19 pandemic.

Income

Income is recognised when the charity has entitlement to the funds: this is when any performance conditions attached to the income have been met, it is probable that the income will be received, and that the amount can be measured reliably.

Income from government and other grants, whether 'capital' grants 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 reliably and is not deferred.

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 by the executor(s) to the charity that a distribution will be 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 asset and disclosed if material.

Income is only deferred when: the donor specifies that the grant or donation must only be used in future accounting periods; or for performance related grants, where these are received in advance of the performances or specific event to which they relate.

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.

Company status

Social Action for Health is a company limited by guarantee. In the event of the Charity being wound up, the liability in respect of the guarantee is limited to £1 per member of the Charity.

Fund accounting

Restricted funds are to be used for specific purposes as laid down by the donor. Expenditure which meets these criteria is charged to the fund.

Unrestricted funds are donations and other incoming resources received or generated for the charitable purposes.

Designated funds are unrestricted funds earmarked by the trustees for particular purposes.

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 activity headings:

Fundraising costs

Costs of raising funds relate to the costs incurred by the charitable company in inducing third parties to make voluntary contributions to it, as well as the cost of any activities with a fundraising purpose.

Charitable activities

Expenditure on charitable activities includes the costs of delivering services and reading activities undertaken to further the purposes of the charity and their associated support costs.

Other expenditure

Other expenditure represents those items not falling into any other heading.

Reclassification of charitable activities

During the year, the charity has reviewed and updated the naming of its charitable activities to better reflect its work. These accounts are presented on the basis of these reclassifications, and the comparatives have been updated to match.

Allocation of support costs

Resources expended are allocated to the particular activity where the cost relates directly to that activity. Staff costs are stated on the basis of staff time. Support costs which cannot be directly attributed to charitable activities are allocated in proportion to staff costs.

Where information about the aims, objectives and projects of the charity is also provided to potential donors, activity costs are apportioned between fundraising and charitable activities on the basis of the area of literature occupied by each activity.

Operating leases

Rental charges are charged on a straight line basis over the term of the lease.

Tangible fixed assets and depreciation

Tangible fixed assets (excluding investments) are stated at cost less depreciation. The cost of minor additions or those costing less than £1,000 are not capitalised. Other fixed assets with an expected life of more than one year are included at cost and depreciated over four years.

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.

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. Cash balances exclude any funds held on behalf of service users.

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.

The charity only has financial assets and financial liabilities of a kind that qualify as basic financial instruments. Basic financial instruments are initially recognised at transaction value and subsequently measured at their settlement value with the exception of bank loans which are subsequently measured at amortised cost using the effective interest method.

Pensions

The charity operates a defined contributions pension scheme, which is a Group Stakeholder Pension Scheme. During the year, the charity contributed up to 3% of gross pay for all staff. The contributions made during the year are treated as an expense and were £7,465 (2021 - £6,595).

2. DONATIONS AND LEGACIES

	Unrestricted Funds 2022 £	Restricted Funds 2022 £	Total Funds 2022 £	<i>Unrestricted Funds 2021 £</i>	<i>Restricted Funds 2021 £</i>	<i>Total Funds 2021 £</i>
Trusts and foundations	-	289,821	289,821	65,944	-	65,944
Other donations	42,109	8,890	50,999	134,721	-	134,721
	£ 42,109	£ 298,711	£ 340,820	£ 200,665	£ Nil	£ 200,665

Other donations income includes £41,994 of government funding through the Coronavirus Job Retention Scheme (2021 - £133,216).

3. INCOME FROM CHARITABLE ACTIVITIES

	Unrestricted Funds 2022 £	Restricted Funds 2022 £	Total Funds 2022 £	<i>Unrestricted Funds 2021 £</i>	<i>Restricted Funds 2021 £</i>	<i>Total Funds 2021 £</i>
Consultancy, Management and Training	61,708	-	61,708	205,650	-	205,650
Long Term Conditions Support	171,192	68,223	239,415	62,344	133,918	196,262
Community Health Research	187,412	-	187,412	306,272	46,788	353,060
Pregnancy, birth and early parenthood	-	6,000	6,000	-	-	-
Project Development and New Initiatives	16,600	-	16,600	-	-	-
Financial and Digital Wellbeing	-	-	-	-	-	-
	£ 436,912	£ 74,223	£ 511,135	£ 574,266	£ 180,706	£ 754,972

4. ANALYSIS OF EXPENDITURE

	Staff costs	Direct costs	Support & governanc	Total 2022	Total 2021
	£	£	£	£	£
Consultancy, Management and Training	2,090	36,918	1,695	40,703	215,248
Community Health Research	99,179	10,892	80,398	190,469	255,095
Long Term Conditions Support	154,004	27,542	124,841	306,387	348,493
Pregnancy, Birth and Early Parenthood	5,566	1,989	4,512	12,067	24,415
Youth Health	2,437	-	1,976	4,413	-
Project Development and New Initiatives	480	-	389	869	-
	263,756	77,341	213,811	554,908	843,251
Fundraising	48,841	-	39,592	88,433	-
Support & governance	127,799	125,604	(253,403)	-	-
	£ 440,396	£ 202,945	£ Nil	£ 643,341	£ 843,251

NOTE 4 ANALYSIS OF EXPENDITURE CONTINUED - 2021

	Staff costs	Direct costs	Support & governance	Total 2022
	£	£	£	£
Consultancy, Management and Training	15,751	175,439	24,058	215,248
Community Health Research	71,458	74,491	109,146	255,095
Long Term Conditions Support	91,354	117,604	139,535	348,493
Pregnancy, Birth and Early Parenthood	9,576	212	14,627	24,415
	188,139	367,746	287,366	843,251
Fundraising	-	-	-	-
Support & governance	280,732	6,634	(287,366)	-
	£ 468,871	£ 374,380	£ Nil	£ 843,251

During the year, the charity has reviewed and updated the naming of its charitable activities to better reflect its work. These accounts are presented on the basis of these reclassifications, and the comparatives have been updated to match.

Of the total expenditure, £494,662 was unrestricted (2021 - £707,115) and £148,679 was restricted (2021 - £136,136).

5. NET INCOME / EXPENDITURE FOR THE YEAR

This is stated after charging / crediting:

	2022	2021
	£	£
Independent auditor's / examiner's remuneration:		
Independent examiner's fees	1,200	6,690
Operating lease rentals payable:		
Property	42,416	69,755
Other	3,542	3,302

6. STAFF COSTS AND NUMBERS

	Total Funds 2022 £	<i>Total Funds 2021 £</i>
Salary costs		
Wages and salaries	401,294	431,951
Social security costs	31,637	30,325
Pension costs	7,465	6,595
	£ 440,396	<i>£ 468,871</i>

The average number of employees (head count based on number of staff employed) during the year was 15 (2021 - 16).

The total employee benefits, including pension contributions, of the key management personnel were £62,690 (2021 - £74,332).

During the year, no employee earned more than £60,000 (2021 - the same).

7. PENSION SCHEME

The charitable company operates a defined contributions pension scheme. The assets of the scheme are held separately from those of the charitable company in the independently managed NEST pension fund. The pension cost charge represents contributions payable under the scheme by the charitable company to the fund. The charitable company has no liability under the scheme other than for the payment of those

8. TRUSTEES' REMUNERATION AND EXPENSES

The charity trustees were not paid and did not receive any other benefits from association with the charity in the year (2021 - £nil). No charity trustee received payment for professional or other services supplied to the charity (2021 - £nil).

No expenses were paid to the Trustees (2021 - the same).

9. RELATED PARTY TRANSACTIONS

Other than trustees' expenses above, there are no reportable related party transactions to disclose for 2022 (2021 - none).

10. TAXATION

The charitable company is exempt from corporation tax as all its income is charitable and is applied for charitable purposes.

11. TANGIBLE FIXED ASSETS

	Leasehold improvements £	Fixtures and fittings £	Office equipment £	Total £
Cost				
At 1 April 2021	<u>48,934</u>	<u>29,420</u>	<u>34,711</u>	<u>113,065</u>
Depreciation				
At 1 April 2021	48,934	29,420	20,413	98,767
Charge for the year	-	-	3,990	3,990
At 31 March 2022	<u>48,934</u>	<u>29,420</u>	<u>24,403</u>	<u>102,757</u>
Net book value				
At 31 March 2021	<u>£ Nil</u>	<u>£ Nil</u>	<u>£ 14,298</u>	<u>£ 14,298</u>
At 31 March 2022	<u>£ Nil</u>	<u>£ Nil</u>	<u>£ 10,308</u>	<u>£ 10,308</u>

12. DEBTORS

	2022 £	2021 £
Due within one year		
Trade debtors	102,712	62,301
Accrued income	-	27,239
Prepayments	-	709
Other debtors	-	6,273
	<u>£ 102,712</u>	<u>£ 96,522</u>

13. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2022 £	2021 £
Trade creditors	1,300	15,283
Deferred income	140,806	50,360
Social security and other taxes	7,422	3,241
Pension	1,755	3,123
Accruals	40,108	88,260
	<u>£ 191,391</u>	<u>£ 160,267</u>
<u>Deferred income</u>		
Balance at 1 April 2021	50,360	6,034
Amount released to incoming resources	(50,360)	(6,034)
Amount deferred in the year	140,806	50,360
Balance at 31 March 2022	<u>£ 140,806</u>	<u>£ 50,360</u>

14. STATEMENT OF FUNDS

	Brought Forward	Incoming Resources	Resources Expended	Transfers and investment gains/(losses)	Carried Forward
	£	£	£	£	£
RESTRICTED FUNDS					
Long Term Conditions Support					
Good Friends	14,955	8,000	(15,699)	-	7,256
My Moves	29,615	67,223	(58,973)	-	37,865
BAME Mental Health	-	60,593	(2,662)	-	57,931
4 Sight Sunday Lunches	1,248	-	-	-	1,248
Pregnancy, Birth and Early Parenthood					
Sure STEPS	-	18,223	(8,127)	4,750	14,846
Community Health Research					
Covid Vaccine Uptake	-	10,000	(870)	-	9,130
Financial and Digital Wellbeing	-	100,000	-	-	100,000
Other					
Core and Project Development	-	108,895	(62,348)	-	46,547
	£ 45,818	£ 372,934	£ (148,679)	£ 4,750	£ 274,823

SUMMARY OF FUNDS

General Funds	215,841	479,339	(494,662)	(4,750)	195,768
Restricted Funds	45,818	372,934	(148,679)	4,750	274,823
	£ 261,659	£ 852,273	£ (643,341)	£ Nil	£ 470,591

The transfer of funds in 2022 relates to income from the Souter Trust for Sure STEPS which was received in the prior year but not recorded as restricted. As the amount is immaterial, the amount is transferred into restricted funds in lieu of a prior year adjustment.

STATEMENT OF FUNDS - 2021

	Brought Forward	Incoming Resources	Resources Expended	Transfers and investment gains/(losses)	Carried Forward
	£	£	£	£	£
RESTRICTED FUNDS					
Long Term Conditions Support					
Good Friends	-	32,593	(17,638)	-	14,955
My Moves	-	35,381	(5,766)	-	29,615
4 Sight Sunday Lunches	1,248	-	-	-	1,248
Community Health Research					
Covid Peer Support	-	46,788	(46,788)	-	-
Other					
Core and project development	-	65,944	(65,944)	-	-
	£ 1,248	£ 180,706	£ (136,136)	£ Nil	£ 45,818

SUMMARY OF FUNDS

General Funds	143,706	779,250	(707,115)	-	215,841
Restricted Funds	1,248	180,706	(136,136)	-	45,818
	£ 144,954	£ 959,956	£ (843,251)	£ Nil	£ 261,659

15. ANALYSIS OF NET ASSETS BETWEEN FUNDS

	Unrestricted Funds			Total Funds £
	Designated Funds £	General Funds £	Restricted Funds £	
Tangible fixed assets	-	10,308	-	10,308
Net current assets	-	185,460	274,823	460,283
	<u>£ Nil</u>	<u>£ 195,768</u>	<u>£ 274,823</u>	<u>£ 470,591</u>

2021

	Unrestricted Funds			Total Funds £
	Designated Funds £	General Funds £	Restricted Funds £	
Tangible fixed assets	-	14,298	-	14,298
Net current assets	-	201,543	45,818	247,361
	<u>£ Nil</u>	<u>£ 215,841</u>	<u>£ Nil</u>	<u>£ 261,659</u>

16. OPERATING LEASE COMMITMENTS

The charity has a long-term, rolling agreement for hire of rooms at the Brady Arts Centre. It had no lease commitment at the year-end 2021/22 having surrendered a lease for Ment House during the year (2021 - there was a commitment of £6,048 in relation to the final 4 months of the office premises lease which was cancelled during that year).

17. OTHER COMPANY INFORMATION

Social Action for Health is a charitable company limited by guarantee, registered in England with registration number 02954744. Its registered office address is Brady Arts Centre, 192-196 Hanbury Street, London, England, E1 5HU. The accounts are presented in GBP rounded to £1.

SOCIAL ACTION FOR HEALTH

England & Wales - Charity number 1040496

Accounts

Company number: 2954744

Charity Number: 1040496

Social Action for Health

Report and financial statements

For the year ended 31 March 2021

Social Action for Health

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For the year ended 31 March 2021

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Social Action for Health

Reference and administrative information

For the year ended 31 March 2021

Company number 2954744
Country of incorporation United Kingdom

Charity number 1040496
Country of registration England & Wales

Registered office and operational address Ment House –Ground Floor,
1C Mentmore Terrace, London
E8 3DQ

Trustees Trustees, who are also directors under company law, who served during the year and up to the date of this report were as follows:

Annette Jack	Chair Resigned 18.5.2021
Hannah Stranger-Jones	Vice Chair (Acting chair from 18.5.2019)
Ryan Barnett	Treasurer
Jahangir Alom	Resigned 30 June 2020
Harriet Ssentongo	Resigned 23 June 2021
Pooja Shah	
Arif Hossain	Resigned 8 July 2020
Harveen Udhi	Appointed 8 August 2020
Emma Backhouse	Appointed 8 August 2020
Alex Murtough	Appointed 1 December 2021
Karin Pappenheim	Appointed 1 December 2021

Key management personnel Kye Lockwood Chief Executive (until 31 January 2021)
Ceri Durham Interim CEO (from 1 February 2021)
Clive Cartwright Finance Director

Bankers NatWest plc.
403 Bethnal Green Road, London
E2 OAF

HR and legal Mentor, Employment law, advice and systems
100 West George Street, Glasgow
G2 1PP

Independent Examiner Fleur Holden
Sayer Vincent LLP
Chartered Accountants
Invicta House
108–114 Golden Lane, LONDON,
EC1Y 0TL

Social Action for Health

Trustees' report

For the year ended 31 March 2021

It is with great pleasure that the trustees present their report and the financial statements for the year ended 31 March 2021.

Reference and administrative information set out on page 1 forms part of this report. The financial statements comply with current statutory requirements, the memorandum and articles of association, the requirements of a directors' report as required under company law, and the Statement of Recommended Practice – Accounting and Reporting by Charities: SORP applicable to charities preparing their accounts in accordance with FRS 102.

This time last year the Covid-19 pandemic was new, and we were just starting to realise the impact of what this meant for each of us personally and as an organisation. Now, as we remain in uncertain times but nevertheless start to think about the 'recovery phase' we recognise afresh how much an organisation like ours is needed and reflect on how best to use our key strengths to address the impact of health inequalities which have been sharply exposed by the CoVID-19 pandemic.

We are currently an organisation in flux. We wish to thank Kye Lockwood (former CEO) for his loyal and inspiring service over more than four and a half-years and wish him well as he moves into new ventures. He will be missed by the staff team and the board alike. We have also welcomed new staff members and said good-bye to others (all whilst working from home, of course).

Annette Jack, has also decided after five years, that it is the right time to step down as Chair of the Board of Trustees and we thank her for the dedication and leadership as the organisation has navigated its way through difficult financial situations, GDPR compliance, and now Covid. Her unwavering dedication to the charity has enabled the organisation to continue adapting, learning and finding its niche in a changing and uncertain world. The year ahead will be about consolidating what we do best and preparing for the next phase of the Charity's existence.



Who we are and what we do

Our Charitable Objectives:

1. To preserve and protect the good health of the public within London and elsewhere within England
2. The relief of unemployment for the benefit of the public in such ways as are thought fit, including assistance to find employment; and
3. To develop the capacity and skills of members of socially and economically disadvantaged communities to enable them better to identify and meet their needs in order to participate more fully in society



Mission

Working alongside diverse communities we empower people and communities to live healthier lives.

Vision

A world where health inequalities no longer exist and everyone can live longer, healthier and more fulfilling lives

We are a dedicated team of staff, volunteers, session workers and associates who share a vision to create a fairer society. Social and health inequalities and inequities can be found across London and we exist to take action to address them.

Organisational priorities:

Looking back and looking forward to 2020–21

In 2019–20, we set 5 clear priorities:

1. Diversifying our income streams to shift away from a reliance on contracts and become an organisation that is funded from a range of sources.
2. Focussing on opportunities where we are relatively competitively capable, and the social need and market attractiveness is high.
3. Training and developing our existing teams of staff and volunteers whilst attracting diverse and skilled new people to work with us to achieve our aims.
4. Transforming our working practices, especially data handling and process to ensure compliance with the General Data Protection Regulations
5. Developing stronger financial controls across all levels of the organisation

Despite Covid–19 (and to some extent because of it), progress against these has generally continued to be good. Over 2020–21 we have:

- Diversified our income streams:
 - We have appointed a dedicated fundraiser with expertise in fundraising from trusts and foundations to help us develop a new funding stream from trusts and foundations which value our work.
 - We ran a successful Crowdfunder for emergency funding for Sure STEPS programme to support new parents in Tower Hamlets. The dedication, imagination, and effort of our staff and volunteer team showed us how much people value this peer–support service to reduced isolation and ensure all new parents and their babies can have the best start on their journey. Whilst this was a ‘one–off’, the success has inspired us to look at other ways of generating donor income.

Social Action for Health

Trustees' report

For the year ended 31 March 2021

- We have successfully achieved grants from Charities Aid Foundation, Comic Relief, the National Lottery and Covid Emergency Response fund to continue and expand our work.
- The challenge is to continue building on this in the 'new' world where income is far from guaranteed.



Hi! I am Maharu Chowdhury. I am a Tower Hamlets mother of 5 children. I am supporting SureSTEPS because I just want to support mums, innit?! Especially in these Covid times lots of people are really struggling right now.

Sure STEPS
Support Through Early Parenting Scheme



Hi! I'm Annika. I'm a local mum and volunteer for SURESteps! Having used services in Tower Hamlets following the birth of my daughter I wanted to give something back to the community and support new parents!

Sure STEPS
Support Through Early Parenting Scheme

- **Focused on opportunities where the social need is high** – this has probably been the most challenging aspect as we were forced into 'survival mode' as an organisation during the Covid19 crisis. This meant we focussed on opportunities in response to the needs of beneficiaries, volunteers and staff – many of whom have long-term health conditions and digitally excluded or challenged by working at home – rather than focusing on long-term strategic opportunities. This is a key priority for the coming financial year.
- **Trained and developed our existing teams of staff and volunteers** –this focussed predominantly on adapting to online working. Funding from the Charities Aid Foundation received at the end of the financial year has allowed us to ensure all staff and volunteers (including trustees) will receive training pertinent for their role including safeguarding, Excel training, people-management, lone-worker and safety at work as well as equality and diversity training, and governance. Training and Learning will be a key part of our strategy next year.
- **Transformed our working practices**, – this has gone exceptionally well. Compliance with General Data Protection Regulations is now an automatic consideration across the organisation and our Head of Technology and Operations has done a phenomenal job in helping to adapt all our internal processes for a 'virtual' world. Achieving Cyber Essential status is a priority for us over the coming year.
- **Developed stronger financial controls** across all levels of the organisation – this has developed well over the year, especially as we manage an increasing number of restricted funds and have had to adapt to ensuring proper processes can be managed and embedded online. Moving all

Trustees' report

For the year ended 31 March 2021

our accounts to QuickBooks and financial literacy and acumen at all levels of the organisation remains a priority over the next year.

Looking forward to 2021–22 our priorities are to build on the work carried out so far to transform the organisation into a flexible, lean organisation that can adapt well to the challenges and funding peaks and troughs of our work. This will require a concerted effort from the whole team and is likely to lead to a time of consolidation and focus on income generation and sustainability for specific projects, rather than organisational growth. Priorities for the year ahead can be summarised as follows:

- **Agreeing a new strategy which is relevant in a post-Covid world** and reflects the organisation's key strengths of working with those most affected by health inequities to help them identify their motivations and needs and to be able to take action to address them.
- **Diversifying the groups and communities we work with to reflect the changing demographics of East London even more fully.** This will involve amplifying the voice of community members to influence our projects, and organisational strategy at all levels of the organisation including the Board. Assuming the Covid-19 levels remain in decline, taking a longer, more strategic approach will be key.
- **Building on the gains made in terms of governance, financial management and impact measurements.** We have established 2 committees to focus on governance and finance, and impact and strategy. This will allow more robust oversight of the organisation, ensuring accreditation like Cyber Essentials is achieved, as well as enabling more opportunities for the Board to interact with the staff and volunteer teams.
- **Improving financial management.** We have risk managed finance management systems for: cash flow management, payments and management accounts already in place. Over the next year we will continue to integrate and improve these project management systems with increased use of QuickBooks for both management, recording and cash management purposes.
- **Measuring our impact** to be able to better demonstrate and talk about our work, and to be able to show how it builds towards our vision of a more equitable society where better health and wellbeing is available for all.
- **Training and Learning** – ensure staff at all levels are accessing opportunities for formal and informal training and learning.
- **Continue to diversify income streams** and increase funding from trusts and foundations and explore community fundraising as a potential avenue of funds and awareness of our work.

Our key services and projects over the past year

Our reach

We engage people across diverse communities, inclusive across age, gender, sexuality, ethnicity, religion, culture, ability and health status. Some of our work is specifically targeted to address a particular health and wellbeing issue. This year we have worked exclusively from home and online including with those who are digitally excluded where we have provided telephone support.

Our thematic areas

Over the year we have continued to work nominally in three thematic areas (Community Research, People's Health and Community Partners). However, even prior to the pandemic, these themes were starting to become less useful as we worked hard to continue to reduce silo working and have projects and referrals working effectively across all parts of the organisation. 2020–21 saw us pivoting from an entirely face-to-face community-based organisation to one able to support our many of our beneficiaries online without losing quality or benefits to the participants. So, over this past year, it is probably more appropriate to consider our work in two strands, although there has been considerable overlap between the two:

- Pre-existing work which has been adapted to online working and Covid-19;
- Emergency Covid response work.

The following pre-existing projects adapted to online working:

Good Moves is a social and holistic eight-week course which considers all aspects of good health and wellbeing. The project supports adults with diabetes, CKD, heart disease and hypertension in the London Borough of Tower Hamlets, although we particularly focus on those from communities most vulnerable to health inequalities.

The first two quarters were extremely difficult, especially as the target group meant many people were shielding, had limited digital access, and were disproportionately suffering from Covid and bereavement. Now, for Bengali language groups for women, we are supporting at pre-pandemic levels again. We have recently started a Somali speaking group and hope over the next year to increase the languages we offer and to 'bring back' the English-speaking, Chinese and men's courses which have not been able to be resumed because of lower levels of engagement. It is likely that the programme will continue as a mixture of some courses in person and some online as Covid-19 restrictions lift.



We provide follow-up support for Good Moves completers through our **Good Friends** project, which traditionally offers peer-support groups in multiple languages to keep building on action-planning, walking groups to explore the local area in a friendly, sociable environment, and more intensive 1-2-1 befriending for those most isolated and vulnerable. These groups have managed to keep meeting (and grow) as more people have gained confidence in Zoom and online delivery. We also run **Sure STEPS** which matches pregnant women and new parents to trained volunteers in the community for emotional and practical support for those facing difficulties including domestic abuse, homelessness, loneliness and isolation and mental health difficulties.

Both these befriending services saw demand massively increase over the pandemic, but also bought considerable difficulty to us to support our incredible volunteers who often had their own needs and difficulties including around mental health and isolation, home-schooling and caring for relatives.



Change for Good Weight Management – the pandemic hit just as we were about to launch the course, which was to be run in a GP surgery with referrals from the GP and social prescribers. During the summer we exceeded our expectation and managed to run tutor training sessions online. It all seems ‘old hat’ now, but at the time the idea of gathering people on Zoom was novel and scary. Nevertheless, we did it and managed to launch the programme. Referrals to the course from GPs has been slow, but we managed to develop a robust system of online self-referral and feedback from completers has been excellent. We hope to see increased numbers of people benefiting from the holistic wellbeing and peer-support approach of the sessions, as well as losing weight.



Tower Hamlets Health and Advice Link (THHAL) is a consortium project which we lead with four advice agencies; the Bromley by Bow Centre, Limehouse Project, Citizens Advice East End and Island Advice Centre. The traditional model was for services to be provided in GP surgeries. This has all had to change when demand for debt support, food banks and crisis management and universal credit has sky-rocketed. Our partners have all been phenomenal at working through this crisis and supporting as many people as possible. Mental Health difficulties, lengthy appointments and difficulties trying to assist with form-filling over the phone have demonstrated how valuable these organisations and their work is to the local community.

East London Genes and Health has involved a totally different and innovative approach over the past year. This was one of the first projects which had to stop delivery in a face-to-face world

because of the risk of working in close proximity in the public and handling saliva. Thanks to the generosity and support of Queen Mary University of London we have been able to develop new



resources to reach a new generation. We have worked closely with the Youth Panel at the Centre of the Cell, to make new films to be shared on social media, new resources (including those to be used in schools around genetics and health inequalities), and a system for people to donate their saliva sample by ordering a kit online. We hope the project will grow from strength to strength with a larger and more diverse group of participants, when face-to-face collection can begin again.

The following new Covid response projects began over the past financial year 2020–21 and enabled us to respond directly to the needs of the people we serve:

Bangladeshi Family Test and Trace

This project has been funded by the Tower Hamlets Local Authority to work in Bengali and with the local Bangladeshi community to ensure correct messaging and awareness of testing for Covid-19. This partnership approach has been very effective, enabling us to speak to many people about Covid, wider issues pertinent to people's lives in the current time and to be able to feedback themes emerging to the local authority to try to encourage the safety of our community and to gain insight into what is required for the recovery phase of Covid-19. Thanks to our bi-lingual team of sessional workers and volunteers, we have spoken to over 1,150 people.

Covid 19 Vaccine Hesitancy and "Trust" in Tower Hamlets

We are delighted to have been engaged to work with Queen Mary University of London on this project which uses a lens of 'trust' to investigate why people are or are not happy to take up the recommendation of a Covid-19 vaccine. We have been holding focus groups with different groups and will be following this up with a wide-ranging discussion with 100 local households to reflect the makeup of the borough. This process has been invaluable to gain community insight and to learn from the community about what is most important for them during this time and as we seek to move into a Covid recovery phase. We will be using the findings to direct the services we provide, as well as feeding into policy recommendations. An event to start a 'public hearing' about priorities and feeding back lessons learned to policy makers is scheduled for the Summer.



Social Action for Health

Trustees' report

For the year ended 31 March 2021

My Moves

My Moves is a culturally-accessible exercise programme to encourage people with limited English who would not usually take part in sports or exercise to get moving and to meet others. The programme uses ESOL (to teach English), traditional dance and choreography (exercise) and borrows narrative therapy and self-management techniques to build esteem and wellbeing. The programme is currently entirely online and a large part of the adapted programme is to reduce digital exclusion and build confidence in the online world. We have just taken delivery of laptops which we will be loaning to participants. Given that none of the participants (yet!) have an email address, getting everyone confident online will be a challenge, but we hope that the improved English, digital literacy, exercise and community connection is going to see significant health and wellbeing improvements for this group.



Financial review

There were no significant events during the year that affected the performance of the Charity. Although income was down compared to last year, the furlough scheme, receipt of grants and tight management helped maintain a good surplus and cash position to support the charity as it moves into next year.

Social Action for Health made a surplus of £116,705 (2020: £38,214) of which £72,135 was unrestricted (2020: £38,214). Total income in the year increased to £959,956 (2020: £900,945) and total expenditure slightly decreased, £843,251 (2020: 862,731). This has meant total reserves have increased to £261,659 at the year end (2020: £144,954). This year we saw restricted income of £133,918 for People's Health programmes and £46,788 in relation to Community Research. We also received government support from the Coronavirus Job Retention Scheme which contributed £133,216 in relief for furlough members of staff.

The charity observes and complies with the relevant fundraising regulations and codes. During the year there was no non-compliance of these regulations and codes and Social Action for Health received no complaints relating to its fundraising practice.

Reserves policy

Proactive, day-by-day cash flow management alongside contract and resource management ensures that Social Action for Health is a going concern. In the short term, this is supported by strong cash reserves, strong cash flow management and based on committed contractual income and risk assessed new income. Cash flow is forecasted to remain positive until at least June 2022.

We aim to always hold at least three months of running costs plus redundancy and related costs in the event a closure is required, although we continue to aim to build these to six months of running costs plus redundancy pay for staff. This is at present approximately £115,000. This approach is to underpin strategic business development, ensuring that Social Action for Health can take proactive decisions to invest in developing new projects and services as well as ensuring there is sufficient cash to support continuity and sustainability through economic and political changes. Reserves will not be used to subsidise contracted service delivery.

Free reserves at the year-end, being unrestricted reserves net of fixed assets, were £215,841. This is then greater than our current minimal reserves policy amount of £115,000.

The key aim of the charity is to reduce expenditure and increase income over the year ahead to ensure the reserves are not significantly reduced, and over the course of the years ahead can continue to grow. This will lead to the charity being in a more stable position and able to take on more innovative projects which respond to community insights.

Going concern basis of accounting

The trustees have considered the underlying assumptions; the level of confirmed funding agreed at the date of approval of these accounts and assessed the financial position for reasonableness. The trustees have considered whether there are any material uncertainties that may cast doubt on the charity's ability to continue to adopt the going concern basis of accounting for a period of at least twelve months from the date when the financial statements are authorised for issue. The trustees are satisfied that although funding remains challenging in the current Covid-19 crisis and in the year ahead, scrutiny over the past few years shows this is no different to previous years, and with the buffer of significantly better reserves than previously, along with proactive cost-cutting, there are no such material uncertainties which mean the charity will not be able to meet its liabilities when they become due.

Income and expenditure for 2021-22 and beyond will be scrutinised monthly by the senior management team, the Finance and Governance Committee and at quarterly board meetings to ensure all liabilities can be paid when they fall due, and that appropriate actions can be taken to manage the finances in the short and longer-term.

Principal risks and uncertainties

The Trustees have considered what risks the charity faces and believe these to be principally relating to uncertainty of long-term funding for the organisation and the knock-on consequences this may have.

Risks	Mitigations
1. Over dependence on short-term contractual income sources in an increasingly challenging funding environment.	Mitigation: We have appointed a fundraiser to focus and drive a strategy to diversify income streams from trusts and foundations whose funding aligns with our charitable objects and mission.
2. Given the uncertain economic environment the charity is unable to implement a long-term strategy, is focussed on short-term firefighting and cannot adequately forward plan	Mitigation: We are updating our Strategy and Theory of Change in light of Covid-19 recovery phase to provide a clearer understanding of strategy across the senior management team and board of trustees. Longer term strategy, funding priorities and organisational development can thus be more focused and progress monitored.
3. The workforce in place is not sufficiently skilled or adapted to the requirement to work flexibly across a variety of projects, which is likely to be required in the short-term and as longer-term strategies are developed.	Mitigation Grow and train a flexible work-force which can work on a variety of projects to a consistent standard. As a minimum this will require consistent understanding of the organisations methodology, safeguarding, diversity and health and safety requirements.
4. Reserves are needed to be used for day-to-day spending which reduces them below the level in the reserves policy.	Mitigation Careful cash flow management and ensuring all work is generating surplus or is likely to bring considerable benefit and surplus in the future to warrant a break even or slight loss position on the project. This will be monitored by the Senior Management Team with oversight by the Board as described above.
5. Safeguarding and safety of staff, volunteers and participants.	Mitigation Annual safeguarding training for the entire organisation (including trustees) and ongoing training and monitoring of health and safety obligations and risk assessments in

Social Action for Health

Trustees' report

For the year ended 31 March 2021

	general and as appropriate for projects. Respond to risks identified as appropriate.
6. Trustee skill mix does not reflect balance of community insight and lived experience with professional board skills	Mitigation Carry out annual skills audit of board members. In recruitment of new trustees, recruit to reflect gaps and train all trustees on obligations.
7. Data Breach	Mitigation Continue to have robust IT and related systems in place with skilled Data Protection Lead. Carry out Data Protection Impact Assessments on all projects and respond to risks identified as needed. Obtain Cyber Essentials certification.

Structure, governance and management

Trustees take overall responsibility for the strategic direction of the organisation as well as ensuring a good legal and good practice framework underpins their role as the employer of staff. The whole board meets at least quarterly to familiarise themselves with Social Action for Health's workings and address acute challenges. Informal monthly meetings are held by the two committees – Impact and Strategy, and Finance and Governance to ensure greater awareness and accountability.

Trustees are invited to attend relevant training as well as sharing learning and skills through facilitated sessions. Training this year has been around the Charity Commissions Code of Conduct and Safeguarding.

An interim CEO has been appointed to lead a team of staff, sessional staff and volunteers to ensure strategic and business development in line with trustee decision as well as excellent well-managed delivery in line with Social Action for Health's charitable objectives. Legally indemnified HR expertise is provided by Mentor.

The organisation is a charitable company limited by guarantee, incorporated on 19 July 1994 and registered as a charity on 31 August 1994.

The company was established under a memorandum of association which established the objects and powers of the charitable company and is governed under its articles of association.

All trustees give their time voluntarily and receive no benefits from the charity. Any expenses reclaimed from the charity are set out in note 6 to the accounts.

Remuneration policy for key management personnel

We do a market review to set a pay banding for each type of role. The rate employees are paid within this band is based on experience and performance. Trustees approve pay banding and agree remuneration for the CEO.

Appointment of trustees

Trustees are recruited through an advert and interview process with the aim of ensuring an effective mix of skills, experience and network connections. There are currently no constitutional provisions for specific trustee appointments.

We appointed our Treasurer in April 2019. One new trustee (Emma Backhouse) was appointed over this financial year 2021–22. The trustees will soon be seeking to replace the Chair and the trustees who have resigned.

Related parties and relationships with other organisations

Social Action for Health has a wide range of stakeholders and partnerships that are detailed in our contracting and subcontracting relationships. During 2020–21 the only formal partnerships which were operating were the four community partners in Tower Hamlets who deliver community-based advice. Social Action for Health leads the network and has formal service delivery relationships with each partner to deliver meet contracted targets.

We work in several informal partnerships and actively pursue a collaborative way of working with other community-based organisations. However, these are not formally contracted and rely on mutual trust and understanding on both sides.

Partnership Agreements are in place in relation to East London Genes and Health but these are only applicable when collecting saliva samples at the relevant venues. As no sample collection has taken place this financial year, these have not applied. They may apply over the next year depending on whether the relevant venue is used going forward and as Covid-19 restrictions allow.

Statement of responsibilities of the trustees

The trustees (who are also directors of Social Action for Health for the purposes of company law) are responsible for preparing the trustees' annual 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 and fair view of the state of affairs of the charitable company and of the incoming

Social Action for Health

Trustees' report

For the year ended 31 March 2021

resources and application of resources, including the income and expenditure, of the charitable company for that period. In preparing these financial statements, the trustees are required to:

- Select suitable accounting policies and then apply them consistently
- Observe the methods and principles in the Charities Statement Of Recommended Practice (SORP)
- Make judgements and estimates that are reasonable and prudent
- State whether applicable UK Accounting Standards and statements of recommended practice have been followed, subject to any material departures disclosed and explained in the financial statements
- Prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in operation

The trustees are responsible for keeping adequate accounting records that disclose with reasonable accuracy at any time the financial position of the charitable company and enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the charitable company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

The trustees are responsible for the maintenance and integrity of the corporate and financial information included on the charitable company's website. Legislation in the United Kingdom governing the preparation and dissemination of financial statements may differ from legislation in other jurisdictions.⁶

Members of the charity guarantee to contribute an amount not exceeding £1 to the assets of the charity in the event of winding up. The total number of such guarantees at 31 March 2021 remained 7. The trustees are members of the charity but this entitles them only to voting rights. The trustees have no beneficial interest in the charity.

Independent Examiner

Fleur Holden of Sayer Vincent LLP was appointed as the charitable company's independent examiner during the year.

The trustees' annual report has been approved by the trustees on 7 December 2021 and signed on their behalf by

Hannah Stranger-Jones
Acting Chair

Social Action for Health

Independent examiner's report

For the year ended 31 March 2021

I report to the trustees on my examination of the accounts of Social Action for Health for the year ended 31 March 2021.

This report is made solely to the trustees as a body, in accordance with the Charities Act 2011. My examination has been undertaken so that I might state to the trustees those matters I am required to state to them in an independent examiner's 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 charity and the trustees as a body, for my examination, for this report, or for the opinions I have formed.

Responsibilities and basis of report

As the charity trustees of the Company you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ('the Act')/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 the Company's accounts carried out under section 145 of the 2011 Act and in carrying out my examination I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the Charities Act 2011 ('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 the Institute of Chartered Accountants in England and Wales, which is one of the listed bodies.

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:

- 1 Accounting records were not kept in respect of 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 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

Social Action for Health

Independent examiner's report

For the year ended 31 March 2021

- 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.

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.

Signed:

Name: Fleur Holden FCA

Address: Sayer Vincent LLP, Invicta House, 108-114 Golden Lane, London, EC1Y 0TL

Date: 15 December 2021

Social Action for Health

Statement of financial activities (incorporating an income and expenditure account)

For the year ended 31 March 2021

	Note	Unrestricted £	Restricted £	2021 Total £	Unrestricted £	Restricted £	2020 Total £
Income from:							
Donations	2	134,721	-	134,721	182	-	182
Charitable activities							
Community Partners	3	205,650	-	205,650	209,500	-	209,500
People's Health	3	140,842	133,918	274,760	227,886	-	227,886
Community Research	3	293,718	46,788	340,506	426,559	-	426,559
Other – Consultancy		4,319	-	4,319	36,818	-	36,818
Total income		779,250	180,706	959,956	900,945	-	900,945
Expenditure on:							
Charitable activities							
Community Partners	4	307,522	-	307,522	275,639	-	275,639
People's Health	4	151,596	89,348	240,944	210,633	-	210,633
Community Research	4	247,998	46,788	294,786	376,458	-	376,458
Total expenditure		707,115	136,136	843,251	862,731	-	862,731
Net income for the year	5	72,135	44,570	116,705	38,214	-	38,214
Reconciliation of funds:							
Total funds brought forward		143,706	1,248	144,954	105,492	1,248	106,740
Total funds carried forward		215,841	45,818	261,659	143,706	1,248	144,954

All of the above results are derived from continuing activities. There were no other recognised gains or losses other than those stated above. Movements in funds are disclosed in Note 16 to the financial statements.

Social Action for Health

Balance sheet

Company no. 2954744

As at 31 March 2021

	Note	£	2021 £	£	2020 £
Fixed assets:					
Tangible assets	10		<u>14,298</u>		<u>8,606</u>
			14,298		8,606
Current assets:					
Debtors	11	96,522		120,803	
Cash at bank and in hand		311,105		109,601	
			<u>407,627</u>	<u>230,404</u>	
Liabilities:					
Creditors: amounts falling due within one year	12	(160,266)		<u>(94,056)</u>	
Net current assets			<u>247,361</u>		<u>136,348</u>
Total net assets			<u>261,659</u>		<u>144,954</u>
The funds of the charity:	16				
Restricted income funds			45,818		1,248
Total unrestricted funds			<u>215,841</u>		<u>143,706</u>
Total charity funds			<u>261,659</u>		<u>144,954</u>

The directors consider that the company is entitled to exemption from the requirement to have an audit under the provisions of section 477 of the Companies Act 2006 relating to small companies.

Trustees responsibilities:

(1) The members have not required the company to obtain an audit of its financial statements for the year in question in accordance with section 476;

(2) The trustees acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of financial statements.

The financial statements have been prepared in accordance with the provisions of the Companies Act 2006 applicable to companies subject to the small companies' regime.

Approved by the trustees on 7 December 2021 and signed on their behalf by

Hannah Stranger-Jones
Chair

Social Action for Health

Statement of cash flows

For the year ended 31 March 2021

	Note	2021 £	2020 £
Cash flows from operating activities			
Net income for the reporting period (as per the statement of financial activities)		116,705	38,214
Depreciation charges		10,269	16,406
Decrease/(increase) in debtors		24,280	(41,911)
Increase in creditors		66,210	33,881
Net cash provided by operating activities		217,464	46,590
Cash flows from investing activities			
Purchase of fixed assets	(15,960)	-	-
Net cash (used in) investing activities		(15,960)	-
Change in cash and cash equivalents in the year		201,504	46,590
Cash and cash equivalents at the beginning of the year		109,601	63,011
Cash and cash equivalents at the end of the year		311,105	109,601

Social Action for Health

Notes to the financial statements

For the year ended 31 March 2021

1 Accounting policies

a) Statutory information

Social Action for Health is a charitable company limited by guarantee and is incorporated in England & Wales.

The registered office address and principal place of business is Ment House – Ground Floor, 1C Mentmore Terrace, London, E8 3DQ

b) Basis of preparation

The financial statements have been prepared in accordance with 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) – (Charities SORP FRS 102), The Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Companies Act 2006.

Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy or note.

c) Public benefit entity

The charity meets the definition of a public benefit entity under FRS 102.

d) Going concern

The trustees consider that there are no material uncertainties about the charitable company's ability to continue as a going concern. The charity's ability to continue as a going concern is supported by strong cash flow management and on the basis of committed contractual income and risk assessed new income. Cash flow is forecasted to remain positive for at least the next 14 months from 1 May 2020.

The trustees are confident that even if some income is not received as planned the organisation will be able to find other income sources and/or cut expenditure so that it can continue to meet liabilities as they fall due. For this reason the accounts are drawn up on a going concern basis.

e) Income

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

Income from government and other grants, whether 'capital' grants 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 reliably and is not deferred.

Income received in advance of the provision of a specified service is deferred until the criteria for income recognition are met.

f) Fund accounting

Restricted funds are to be used for specific purposes as laid down by the donor. Expenditure which meets these criteria is charged to the fund.

Unrestricted funds are donations and other incoming resources received or generated for the charitable purposes.

Social Action for Health

Notes to the financial statements

For the year ended 31 March 2021

1 Accounting policies (continued)

g) 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.

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

h) Allocation of support costs

Resources expended are allocated to the particular activity where the cost relates directly to that activity. However, the cost of overall direction and administration of each activity, comprising the salary and overhead costs of the central function, is apportioned on the following basis which are an estimate, based on staff time, of the amount attributable to each activity.

Where information about the aims, objectives and projects of the charity is provided to potential beneficiaries, the costs associated with this publicity are allocated to charitable expenditure.

Support costs are allocated to each project as agreed with the funders.

Support and governance costs are re-allocated to each of the activities on the following basis which is an estimate, based on staff time, of the amount attributable to each activity

● Community Partners	32%
● People's Health	24%
● Community Research	44%

Governance costs are the costs associated with the governance arrangements of the charity. These costs are associated with constitutional and statutory requirements and include any costs associated with the strategic management of the charity's activities.

i) Operating leases

Rental charges are charged on a straight line basis over the term of the lease.

j) Tangible fixed assets

Items of equipment are capitalised where the purchase price exceeds £500. Depreciation costs are allocated to activities on the basis of the use of the related assets in those activities. Assets are reviewed for impairment if circumstances indicate their carrying value may exceed their net realisable value and value in use.

Depreciation is provided at rates calculated to write down the cost of each asset to its estimated residual value over its expected useful life. The useful lives are as follows:

● Computers and Office Equipment	4 years
● Leasehold Improvements	4 years
● Furniture and Fittings	4 years

k) 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. In cases of seriously overdue debtors an allowance for doubtful debts would be set up.

Social Action for Health

Notes to the financial statements

For the year ended 31 March 2021

1 Accounting policies (continued)

l) 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.

m) 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.

n) Financial instruments

The charity only has financial assets and financial liabilities of a kind that qualify as basic financial instruments. Basic financial instruments are initially recognised at transaction value and subsequently measured at their settlement value.

o) Pensions

The charity operates a defined contribution pension scheme and contributions are expensed monthly. For more details see note 14.

2 Income from donations

	Unrestricted £	Restricted £	2021 Total £	Unrestricted £	Restricted £	2020 Total £
Donations	1,505	-	1,505	182	-	182
Coronavirus Job Retention Scheme	133,216	-	133,216	-	-	-
	<u>134,721</u>	<u>-</u>	<u>134,721</u>	<u>182</u>	<u>-</u>	<u>182</u>

Social Action for Health

Notes to the financial statements

For the year ended 31 March 2021

3 Income from charitable activities

	Unrestricted £	Restricted £	2021 Total £	Unrestricted £	Restricted £	2020 Total £
Community Partners:						
Consultancy	6,150	-	6,150	-	-	-
THHAL (NHS Tower Hamlets CCG)	199,500	-	199,500	199,500	-	199,500
HIAC (London Borough of Hackney)	-	-	-	10,000	-	10,000
Sub-total for Community Partners	205,650	-	205,650	209,500	-	209,500
People's Health (Self Management):						
Good Friends (Big Lottery Fund)	-	32,593	32,593	32,392	-	32,392
Good Gardens (London Borough of Hackney)	-	-	-	19,533	-	19,533
Goodmoves (NHS Tower Hamlets CCG)	109,005	-	109,005	109,005	-	109,005
Self Management (Whittington Health)	-	-	-	14,630	-	14,630
Cancer Awareness (TH CCG, WF CCG, H CCG)	18,387	-	18,387	52,326	-	52,326
My Moves (Comic Relief)	-	35,381	35,381	-	-	-
CAF Resilience Fund (CAF)	-	65,944	65,944	-	-	-
Change for Good (LBTH)	13,450	-	13,450	-	-	-
Sub-total for People's Health	140,842	133,918	274,760	227,886	-	227,886
Community Research :						
MVP Newham (NHS Newham CCG)	-	-	-	12,833	-	12,833
MVP WF (NHS Waltham Forest CCG)	-	-	-	18,764	-	18,764
MVP TH (NHS Tower Hamlets CCG)	-	-	-	12,833	-	12,833
Bengali Test & Trace (LBTH)	11,984	-	11,984	-	-	-
Peer support COVID	-	46,788	46,788	-	-	-
Barriers to Vaccine (QMUL)	14,901	-	14,901	-	-	-
Community Organisation & Mobilisation (LBTH)	5,833	-	5,833	-	-	-
ELGH (Queen Mary University)	261,000	-	261,000	316,850	-	316,850
Suresteps (London Borough of Tower Hamlets)	-	-	-	65,279	-	65,279
Sub-total for Community Research	293,718	46,788	340,506	426,559	-	426,559
Total income from charitable activities	640,210	180,706	820,916	863,945	-	863,945

Social Action for Health

Notes to the financial statements

For the year ended 31 March 2021

4a Analysis of expenditure (current year)

	Charitable activities					2021 £	2020 £
	Community Partners £	People's Health £	Community Research £	Governance costs £	Support costs £		
Staff costs (Note 6)	15,751	77,590	88,996	-	286,534	468,871	492,164
Partnership Support	134,067	1,120	354	-	-	135,541	145,501
Training	250	2,652	-	-	-	2,902	1,229
Hall Hire	-	200	-	-	-	200	6,105
Other	3,486	43,915	44,677	-	-	92,078	40,952
Overhead Costs	43,288	28,749	54,663	-	-	126,700	156,174
Governance Costs	-	-	-	6,690	-	6,690	4,200
Depreciation	-	-	-	-	10,269	10,269	16,406
	196,842	154,226	188,690	6,690	296,803	843,251	862,731
Support costs	108,240	84,806	103,757	-	(296,803)	-	-
Governance costs	2,440	1,912	2,339	(6,690)	-	-	-
Total expenditure 2021	307,522	240,944	294,786	-	-	843,251	
Total expenditure 2020	275,639	210,633	376,458	-	-		862,731

Social Action for Health

Notes to the financial statements

For the year ended 31 March 2021

4b Analysis of expenditure (prior year)

	Charitable activities					2020 £
	Community Partners £	People's Health £	Community Research £	Governance costs £	Support costs £	
Staff costs (Note 6)	44,726	115,680	235,493	-	96,265	492,164
Partnership Support	139,974	2,992	2,535	-	-	145,501
Training	-	-	1,229	-	-	1,229
Hall Hire	-	2,947	3,158	-	-	6,105
Other	3,687	22,339	14,926	-	-	40,952
Overhead Costs	49,913	38,141	68,120	-	-	156,174
Governance Costs	-	-	-	4,200	-	4,200
Depreciation	-	-	-	-	16,406	16,406
	238,299	182,099	325,461	4,200	112,671	862,731
Support costs	35,998	27,508	49,165	-	(112,671)	-
Governance costs	1,342	1,025	1,833	(4,200)	-	-
Total expenditure 2020	275,639	210,633	376,458	-	-	862,731

Social Action for Health

Notes to the financial statements

For the year ended 31 March 2021

5 Net income for the year

This is stated after charging / (crediting):

	2021 £	2020 £
Depreciation	10,269	16,406
Operating lease rentals payable:		
Property	69,755	67,540
Other	3,302	9,880
Independent examiner's remuneration (excluding VAT):		
Independent examination	5,575	4,200

6 Analysis of staff costs, trustee remuneration and expenses, and the cost of key management personnel

Staff costs were as follows:

	2021 £	2020 £
Salaries and wages	294,995	353,369
Sessional Staff	136,956	99,230
Social security costs	30,325	32,639
Employer's contribution to defined contribution pension schemes	6,595	6,926

No employee earned more than £60,000 during the year (2020: nil).

The total employee benefits (including pension contributions and employer's national insurance) of the key management personnel were £74,332 (2020: £62,395).

The charity trustees were neither paid nor received any other benefits from employment with the charity in the year (2020: £nil). No charity trustee received payment for professional or other services supplied to the charity (2020: £nil).

No expenses were paid to trustees during the year (2020: nil).

7 Staff numbers

The average number of employees (head count based on number of staff employed) during the year was 16 (2020: 18).

Staff are split across the activities of the charity as follows (average head count basis):

	2021 No.	2020 No.
Community Partners	1	2
Community Research	5	8
People's Health	6	4
Support	4	4

Social Action for Health

Notes to the financial statements

For the year ended 31 March 2021

8 Related party transactions

There are no related party transactions to disclose for 2021 (2020: none).

There are no donations from related parties which are outside the normal course of business and no restricted donations from related parties.

9 Taxation

The charity is exempt from corporation tax as all its income is charitable and is applied for charitable purposes.

10 Tangible fixed assets

Cost	Leasehold Improvements £	Fixtures and fittings £	Computer equipment £	Total £
At the start of the year	48,934	29,421	18,750	97,105
Additions in year	–	–	15,961	15,961
At the end of the year	48,934	29,421	34,711	113,066
Depreciation				
At the start of the year	42,000	27,749	18,750	88,499
Charge for the year	6,934	1,672	1,663	10,269
At the end of the year	48,934	29,421	20,413	98,768
Net book value At the end of the year	–	–	14,298	14,298
At the start of the year	6,934	1,672	–	8,606

All of the above assets are used for charitable purposes.

11 Debtors

	2021 £	2020 £
Trade debtors	62,301	80,478
Other debtors	6,273	6,273
Prepayments	709	4,832
Accrued income	27,239	29,220
	96,522	120,803

Social Action for Health

Notes to the financial statements

For the year ended 31 March 2021

12 Creditors: amounts falling due within one year

	2021 £	2020 £
Trade creditors	15,283	30,020
Taxation and social security	6,363	9,523
Accruals	88,260	48,479
Deferred income (note 13)	50,360	6,034
	160,266	94,056

13 Deferred income

Deferred income comprises works which were completed in 2021/22.

	2021 £	2020 £
Balance at the beginning of the year	6,034	–
Amount recognised in the year	(6,034)	–
Amount deferred in the year	50,360	6,034
	50,360	6,034

14 Pension scheme

The charitable company operates a defined contribution pension scheme. The assets of the scheme are held separately from those of the charitable company in an independently administered fund. The pension cost charge represents contributions payable under the scheme by the charitable company to the fund. The charitable company has no liability under the scheme other than for the payment of those contributions.

15a Analysis of net assets between funds (current year)

	General unrestricted £	Restricted £	Total funds £
Tangible fixed assets	14,298	–	14,298
Net current assets	201,543	45,818	247,361
Net assets at 31 March 2021	215,841	45,818	261,659

15b Analysis of net assets between funds (prior year)

	General unrestricted £	Restricted £	Total funds £
Tangible fixed assets	8,606	–	8,606
Net current assets	135,100	1,248	136,348
Net assets at 31 March 2020	143,706	1,248	144,954

Social Action for Health

Notes to the financial statements

For the year ended 31 March 2021

16a Movements in funds (current year)

	At 1 April 2020 £	Income & gains £	Expenditure & losses £	Transfers £	At 31 March 2021 £
Restricted funds:					
Community Partners:					
4 Sight Sunday Lunches	1,248	-	-	-	1,248
Good Friends	-	32,593	(17,638)	-	14,955
Peer Support COVID	-	46,788	(46,788)	-	-
CAF	-	65,944	(65,944)	-	-
My Moves	-	35,381	(5,766)	-	29,615
Total restricted funds	1,248	180,706	(136,136)	-	45,818
Unrestricted funds:					
General funds	143,706	779,250	(707,115)	-	215,841
Total unrestricted funds	143,706	779,250	(707,115)	-	215,841
Total funds	144,954	959,956	(843,251)	-	261,659

The narrative to explain the purpose of each fund is given at the foot of the note below.

16b Movements in funds (prior year)

	At 1 April 2019 £	Income & gains £	Expenditure & losses £	Transfers £	At 31 March 2020 £
Restricted funds:					
Community Partners:					
4 Sight Sunday Lunches	1,248	-	-	-	1,248
Total restricted funds	1,248	-	-	-	1,248
Unrestricted funds:					
General funds	105,492	900,945	(862,731)	-	143,706
Total unrestricted funds	105,492	900,945	(862,731)	-	143,706
Total funds	106,740	900,945	(862,731)	-	144,954

16 Movements in funds (continued)

Purposes of restricted funds

4 Sight Sunday Lunch

4 Sight is a user led user run Sunday lunch held monthly in Stoke Newington for people with lived experience of mental health services in Hackney.

Good Friends

Good Friends is a befriending project for those with long-term conditions funded by the National Lottery .

Peer Support Covid

Funding from the National Lottery Community Fund to provide peer-support, befriending and assistance to isolated people living with long-term health conditions and to isolated parents with young children.

CAF

Funding covered staff and volunteer costs for project delivery, organisational development and equipment and technology costs.

My Moves

Comic Relief Sport for Change project providing accessible exercises, ESOL, self-management of long-term conditions and digital literacy skills in community languages.

17 Operating lease commitments payable as a lessee

The charity's total future minimum lease payments under non-cancellable operating leases is as follows for each of the following periods

	Property		Equipment	
	2021	2020	2021	2020
	£	£	£	£
Less than one year	60,000	60,000	-	9,880
One to five years	240,000	240,000	-	-
Over five years	180,000	240,000	-	-
	480,000	540,000	-	9,880

18 Legal status of the charity

The charity is a company limited by guarantee and has no share capital. The liability of each member in the event of winding up is limited to £1.