

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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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

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.

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 Maharon Chowdhury. I am a Tower Hamlets mother of 5 children. I am supporting SureSTEPS because I just want to support mums, inalt?! 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

- **Focussed 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.



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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

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

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

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 Accounts 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

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

		Unrestricted £	Restricted £	2021 Total £	Unrestricted £	Restricted £	2020 Total £
	Note						
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		14,298		8,606
			<u>14,298</u>		<u>8,606</u>
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)		(94,056)	
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

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.

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.

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						
	Community Partners £	People's Health £	Community Research £	Governance costs £	Support costs £	2021 £	2020 £
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					
	Community Partners £	People's Health £	Community Research £	Governance costs £	Support costs £	2020 £
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

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
	468,871	492,164

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
	16	18

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
	<hr/>	<hr/>	<hr/>	<hr/>
At the end of the year	48,934	29,421	34,711	113,066
	<hr/>	<hr/>	<hr/>	<hr/>
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
	<hr/>	<hr/>	<hr/>	<hr/>
At the end of the year	48,934	29,421	20,413	98,768
	<hr/>	<hr/>	<hr/>	<hr/>
Net book value				
At the end of the year	–	–	14,298	14,298
	<hr/>	<hr/>	<hr/>	<hr/>
	<hr/>	<hr/>	<hr/>	<hr/>
At the start of the year	6,934	1,672	–	8,606
	<hr/>	<hr/>	<hr/>	<hr/>

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
	<hr/>	<hr/>
	96,522	120,803
	<hr/>	<hr/>

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

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.