

HEALTH ACTION

England & Wales · Charity number 1101235

Details

Other names	HACO HEALTH ACTION
Status	Registered
Legal form	Charitable company
Company number	04730352
Registered	2003-12-17
Register	View on the Charity Commission register

Contact

Address Suite 9
Cobalt House
Centre Court
Sir Thomas Longley Road
Medway City Estate
ROCHESTE

Phone 07946514266

Email info@healthaction.co.uk

Website www.healthaction.co.uk

Activities

Objects: 1. THE RELIEF OF SICKNESS BY THE PROVISION OF FINANCIAL AND OTHER CHARITABLE SUPPORT AS THE TRUSTEES IN THEIR ABSOLUTE DISCRETION CONSIDER FIT.2. THE PRESERVATION AND PROTECTION OF GOOD HEALTH IN PARTICULAR BUT NOT EXCLUSIVELY BY THE PROVISION OF INFORMATION AND ADVICE ON MATTERS RELATING TO PREVENTION OF DISEASES SUCH AS AIDS AND HIV.

Activities: Health Action provides a wide range of services (1) We provide information and support that acknowledges the impact of culture in HIV prevention and health promotion for African communities (2) We advocate on behalf of African people infected by HIV (3) We provide up to date information to facilitate informed decision-making (4) We seek to acknowledge the importance of the effects of social exclus

Classification

- **How:** Makes Grants To Individuals, Provides Human Resources, Provides Services, Provides Advocacy/advice/information, Sponsors Or Undertakes Research
- **What:** The Advancement Of Health Or Saving Of Lives, Disability, The Prevention Or Relief Of Poverty, Overseas Aid/famine Relief, Economic/community Development/employment
- **Who:** Children/young People, Elderly/old People, People With Disabilities, People Of A Particular Ethnic Or Racial Origin

Geography

- Nigeria
- Kent
- Medway

Finances

Period end	Income	Expenditure	Assets	Employees
2024-09-30	£68,644	£77,406	-	-
2023-09-30	£15,366	£44,326	-	-
2022-09-30	£33,205	£22,473	-	-
2021-09-30	£84,310	£43,474	-	-
2020-09-30	£61,115	£46,567	-	-

Trustees

Name	Role	Appointed
Dr Edwin Mavunika Mapara	Chair	2014-01-16
HILTON IDAHOSA		
OSAS IZEKOR		
STEPHEN IDAHOSA		2004-04-09

HEALTH ACTION

England & Wales - Charity number 1101235

Accounts

Health Action
Charity No. 1101235
Company No. 04730352
Trustees' Report and Unaudited Accounts
For the year ended 30 September 2024

B M Cooper & Co. Limited
Chartered Certified Accountants
88 Wood Lane
Dagenham
Essex
RM9 5SL

**Health Action
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Health Action
Trustees Annual Report

The Trustees, who are also directors of the charity for the purposes of the Companies Act 2006, present their report with the unaudited financial statements of the charity for the year ended 30 September 2024.

REFERENCE AND ADMINISTRATIVE DETAILS

Company No. 04730352

Charity No. 1101235

Principal Office

Kingsley House
37 - 39 Balmoral Road
Gillingham
Kent
ME7 4PF

Registered Office

Suite 9, Cobalt House
Centre Court Sir Thomas
Longley Road, Medway City Es
Rochester
ME2 4BQ

Directors and Trustees

The Directors of the charitable company are its Trustees for the purposes of charity law.
The following Directors and Trustees served during the year:

Edwin Mapara
Hilton Idahosa
Osas Izekor
Stephen Idahosa

Accountants

B M Cooper & Co. Limited
88 Wood Lane
Dagenham
Essex
RM9 5SL

OBJECTIVES AND ACTIVITIES

Health Action provides a wide range of services
Various activities were carried out in furtherance of these objects.

ACHIEVEMENTS AND PERFORMANCE

We acknowledge PCC Commissioning Kent for funding our Domestic Violence Outreach Programme for men this year. The programme has successfully reached a previously underrepresented demographic of BAME men. Health Action appreciates the support in making a positive impact. For providing financial support to our Hidden Truth initiative, we would also like to extend our deepest gratitude to the Colyer-Fergusson Charitable Trust.

Without the financial support of Action for Race Equality (ARE), we would not be able to carry out our efforts to raise awareness about the Windrush compensation scheme. We extend our heartfelt gratitude to the entire ARE team.

Our primary goal is to meet the needs of our service users and make decisions that are advantageous to the community as a whole. We are making substantial efforts to enhance the health and welfare of the community, as the cost-of-living issue is exacerbating health inequities among our target group. We are grateful to our benefactors for allowing us to continue providing services during these difficult times.

We would also like to extend our appreciation to the members of the BAME communities in Medway, as well as the leaders of faith in the community, who have welcomed us with open arms and provided us with encouragement and support. We could not have done this without their steadfast support.

And finally, a heartfelt thank you to all of our trustees, partners and volunteers who are responsible for making our work possible. We would like to express our appreciation for your support and look forward to contributing to the advancement of society together.

FINANCIAL REVIEW

The Statement Of Financial Activities shows an income from the period of £68,644 (2023 - £15,366) and total expenditure of £77,406 (2023 - £44,326) leaving a net deficit for the year of £8,762 (2023 - £28,960). The net assets of the charity as at 30 September 2024 was £34,600 (2023 - £43,362).

It is the policy of the charity that unrestricted funds which have not been designated for a specific use should be maintained at a level equivalent to between three and six month's expenditure. The trustees consider that reserves at this level will ensure that, in the event of a significant drop in funding, they will be able to continue the charity's current activities while consideration is given to ways in which additional funds may be raised. This level of reserves has been maintained throughout the year.

STRUCTURE, GOVERNANCE AND MANAGEMENT

The organisation is charitable company limited by guarantee, incorporated on 10th April 2003 and it is a registered as a charity. The company was established under a Memorandum of Association dated 10th April 2003, as amended by special resolution dated 11th November 2003. The Articles and Memorandum of Association established the objects and powers of the charitable company.

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

**Health Action
Trustees Annual Report**

The above report has been prepared in accordance with the provisions applicable to companies subject to the small companies regime as set out in Part 15 of the Companies Act 2006 and in accordance with the Charities SORP (FRS 102).

Signed on behalf of the board

.....
Hilton Idahosa
Trustee

30 May 2025

Health Action

Independent Examiners Report Independent Examiner's Report to the trustees of Health Action

I report to the charity trustees on my examination of the accounts of Health Action for the year ended 30 September 2024 which comprise the Statement of Financial Activities, the Summary Income and Expenditure Account, the Balance Sheet and the related notes.

Responsibilities and basis of report

As the trustees of the charity (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 charity 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 charity'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

I have completed my examination. I can confirm that no material matters have come to my attention in connection with the examination giving me cause to believe that:

- accounting records were not kept in accordance with section 386 of the 2006 Act ; or
- the accounts do not accord with those records; or
- the accounts do not comply with the accounting requirements under 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
- the accounts have not been prepared in accordance with the Charities SORP (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.

.....
Mr Bolaji Kalejaiye FCCA
ACCA
B M Cooper & Co. Limited
88 Wood Lane
Dagenham
Essex
RM9 5SL

30 May 2025

Health Action

Statement of Financial Activities For the year ended 30 September 2024

	Notes	Unrestricted funds 2024 £	Restricted funds 2024 £	Total funds 2024 £	Total funds 2023 £
Income and endowments from:					
Donations and legacies	4	42,424	26,220	68,644	15,366
Total		42,424	26,220	68,644	15,366
Expenditure on:					
Charitable activities	5	29,665	26,220	55,885	33,817
Other	6	21,521	-	21,521	10,509
Total		51,186	26,220	77,406	44,326
Net gains on investments		-	-	-	-
Net expenditure	7	(8,762)	-	(8,762)	(28,960)
Transfers between funds		-	-	-	-
Net expenditure before other gains/(losses)		(8,762)	-	(8,762)	(28,960)
Other gains and losses					
Net movement in funds		(8,762)	-	(8,762)	(28,960)
Reconciliation of funds:					
Total funds brought forward		43,362	-	43,362	72,322
Total funds carried forward		34,600	-	34,600	43,362

Health Action
Balance Sheet
At 30 September 2024
Company No. 04730352

	Notes	2024 £	2023 £
Fixed assets			
Tangible assets	9	1,611	2,147
		<u>1,611</u>	<u>2,147</u>
Current assets			
Cash at bank and in hand		34,069	42,115
		<u>34,069</u>	<u>42,115</u>
Creditors: Amount falling due within one year	10	(1,080)	(900)
Net current assets		32,989	41,215
Total assets less current liabilities		34,600	43,362
Net assets excluding pension asset or liability		34,600	43,362
Total net assets		<u><u>34,600</u></u>	<u><u>43,362</u></u>
The funds of the charity			
Restricted funds	11		
Unrestricted funds	11		
General funds		34,600	43,362
		<u>34,600</u>	<u>43,362</u>
Reserves	11		
Total funds		<u><u>34,600</u></u>	<u><u>43,362</u></u>

These accounts have been prepared in accordance with the special provisions of Part 15 of the Companies Act 2006 relating to small companies.

For the year ended 30 September 2024 the company was entitled to exemption under section 477 of the Companies Act 2006 relating to small companies.

The members have not required the company to obtain an audit in accordance with section 476 of the Companies Act 2006.

The directors acknowledge their responsibilities for complying with the requirements of the Companies Act 2006 with respect to accounting records and the preparation of accounts.

Approved by the board on 30 May 2025

And signed on its behalf by:

.....
Hilton Idahosa
Trustee

30 May 2025

1 Accounting policies

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) (effective 1 January 2015) - (Charities SORP (FRS 102)), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Companies Act 2006.

Change in basis of accounting or to previous accounts

There has been no change to the accounting policies (valuation rules and method of accounting) since last year and no changes have been made to accounts for previous years.

Fund accounting

Unrestricted funds	These are available for use at the discretion of the trustees in furtherance of the general objects of the charity.
Designated funds	These are unrestricted funds earmarked by the trustees for particular purposes.
Revaluation funds	These are unrestricted funds which include a revaluation reserve representing the restatement of investment assets at their market values.
Restricted funds	These are available for use subject to restrictions imposed by the donor or through terms of an appeal.

Income

Recognition of income	Income is included in the Statement of Financial Activities (SoFA) when the charity becomes entitled to, and virtually certain to receive, the income and the amount of the income can be measured with sufficient reliability.
Income with related expenditure	Where income has related expenditure the income and related expenditure is reported gross in the SoFA.
Donations and legacies	Voluntary income received by way of grants, donations and gifts is included in the the SoFA when receivable and only when the Charity has unconditional entitlement to the income.
Tax reclaims on donations and gifts	Income from tax reclaims is included in the SoFA at the same time as the gift/donation to which it relates.
Donated services and facilities	These are only included in income (with an equivalent amount in expenditure) where the benefit to the Charity is reasonably quantifiable, measurable and material.
Volunteer help	The value of any volunteer help received is not included in the accounts.
Investment income	This is included in the accounts when receivable.
Gains/(losses) on revaluation of fixed assets	This includes any gain or loss resulting from revaluing investments to market value at the end of the year.
Gains/(losses) on investment assets	This includes any gain or loss on the sale of investments.

Health Action

Notes to the Accounts

Expenditure

Recognition of expenditure	Expenditure is recognised on an accruals basis. Expenditure includes any VAT which cannot be fully recovered, and is reported as part of the expenditure to which it relates.
Expenditure on raising funds	These comprise the costs associated with attracting voluntary income, fundraising trading costs and investment management costs.
Expenditure on charitable activities	These comprise the costs incurred by the Charity in the delivery of its activities and services in the furtherance of its objects, including the making of grants and governance costs.
Grants payable	All grant expenditure is accounted for on an actual paid basis plus an accrual for grants that have been approved by the trustees at the end of the year but not yet paid.
Governance costs	These include those costs associated with meeting the constitutional and statutory requirements of the Charity, including any audit/independent examination fees, costs linked to the strategic management of the Charity, together with a share of other administration costs.
Other expenditure	These are support costs not allocated to a particular activity.

Taxation

The charity is exempt from corporation tax on its charitable activities.

Tangible fixed assets and depreciation

Depreciation is provided at the following annual rates in order to write off each asset over its estimated useful life:

Fixtures, fittings & equipment	25% on written down value
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Freehold investment property

Investment properties are measured initially at cost and subsequently at fair value at each balance sheet date and are not depreciated. All gains or losses are taken to the Statement of Financial Activities as they arise.

Stocks

Stock is included at the lower of cost or net realisable value. Donated items of stock are recognised at fair value which is the amount the charity would have been willing to pay for the items on the open market.

Trade and other 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 and cash equivalents

Cash and cash equivalents comprise cash at bank and on hand, demand deposits with banks and other short-term highly liquid investments with original maturities of three months or less and bank overdrafts. In the statement of financial position, bank overdrafts are shown within borrowings or current liabilities. In the Statement of Cash Flows, cash and cash equivalents are shown net of bank overdrafts that are repayable on demand and form an integral part of the company's cash management.

Health Action

Notes to the Accounts

Trade and other creditors

Short term creditors are measured at the transaction price. Other 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.

Research and development

Expenditure on research and development is written off in the year in which it is incurred.

Foreign currencies

Monetary assets and liabilities denominated in currencies other than the functional currency of the charity are translated at the rates of exchange prevailing at the end of the reporting period.

Transactions in currencies other than the functional currency of the charity are recorded at the rate of exchange on the date that the transaction occurred.

All exchange differences are taken into account in arriving at net income/expenditure.

Leased assets

Where the charity enters into a lease which entails taking substantially all the risks and rewards of ownership of an asset, the lease is treated as a finance lease.

Leases which do not transfer substantially all the risks and rewards of ownership to charity are classified as operating leases.

Assets held under finance leases are initially recognised as assets of the charity at their fair value at the inception of the lease or, if lower, at the present value of the minimum lease payments. The corresponding liability to the lessor is included in the balance sheet date as a finance lease obligation.

Lease payments are apportioned between finance expenses and reduction of the lease obligation so as to achieve a constant rate of interest on the remaining balance of the liability. Finance expenses are recognised immediately, unless they are directly attributable to qualifying assets, in which case they are capitalised in accordance with the charity's policy on borrowing costs.

Assets held under finance leases are depreciated in the same way as owned assets.

Operating lease payments are recognised as an expense on a straight-line basis over the lease term.

In the event that lease incentives are received to enter into operating leases, such incentives are recognised as a liability. The aggregate benefit of incentives is recognised as a reduction of rental expense on a straight-line basis.

Pension costs

The charity operates a defined contribution plan for its employees. A defined contribution plan is a pension plan under which the company pays fixed contributions into a separate entity. Once the contributions have been paid the company has no further payments obligations. The contributions are recognised as expenses when they fall due. Amounts not paid are shown in accruals in the balance sheet. The assets of the plan are held separately from the company in independently administered funds.

Receipt of donated goods, facilities and services

All donated goods, facilities and services received are recognised within incoming resources and expenditure at an estimate of the value to the charity.

Health Action

Notes to the Accounts

2 Company status

The company is a private company limited by guarantee and consequently does not have share capital.

3 Statement of Financial Activities - prior year

	Unrestricted funds 2023 £	Restricted funds 2023 £	Total funds 2023 £
Income and endowments from:			
Donations and legacies	14,966	400	15,366
Total	<u>14,966</u>	<u>400</u>	<u>15,366</u>
Expenditure on:			
Charitable activities	18,458	10,765	29,223
Other	12,402	2,701	15,103
Total	<u>30,860</u>	<u>13,466</u>	<u>44,326</u>
Net income	<u>(15,894)</u>	<u>(13,066)</u>	<u>(28,960)</u>
Net income before other gains/(losses)	<u>(15,894)</u>	<u>(13,066)</u>	<u>(28,960)</u>
Other gains and losses:			
Net movement in funds	<u>(15,894)</u>	<u>(13,066)</u>	<u>(28,960)</u>
Reconciliation of funds:			
Total funds brought forward	59,256	13,066	72,322
Total funds carried forward	<u><u>43,362</u></u>	<u><u>-</u></u>	<u><u>43,362</u></u>

4 Income from donations and legacies

	Unrestricted £	Restricted £	Total 2024 £	Total 2023 £
Colyer Fergusson	-	8,750	8,750	-
LBG PIE	-	970	970	-
Kent County Council	42,424	-	42,424	14,966
Action for Race EQ	-	16,500	16,500	-
University of Kent	-	-	-	400
	<u>42,424</u>	<u>26,220</u>	<u>68,644</u>	<u>15,366</u>

Health Action

Notes to the Accounts

5 Expenditure on charitable activities

	Unrestricted	Restricted	Total 2024	Total 2023
	£	£	£	£
<i>Expenditure on charitable activities</i>				
Domestic abuse project	-	7,909	7,909	3,000
HIV test kits	-	-	-	3,650
Lateral flow kits	-	-	-	2,890
Projects	9,399	-	9,399	4,262
Outreach services providers	-	14,190	14,190	8,256
Men's Group Event	-	-	-	300
Support and Youth	-	-	-	925
Seminar expenses	750	-	750	1,038
Volunteer expenses	5,523	-	5,523	950
Publicity	12,714	4,121	16,835	3,052
<i>Governance costs</i>				
Accountancy fees	1,080	-	1,080	900
Legal and professional fees	199	-	199	4,594
	<u>29,665</u>	<u>26,220</u>	<u>55,885</u>	<u>33,817</u>

6 Other expenditure

	Unrestricted	Total 2024	Total 2023
	£	£	£
Employee costs	4,320	4,320	7,940
Motor and travel costs	1,967	1,967	-
Premises costs	10,901	10,901	150
Amortisation, depreciation, impairment, profit/loss on disposal of fixed assets	536	536	715
General administrative costs	3,797	3,797	1,704
	<u>21,521</u>	<u>21,521</u>	<u>10,509</u>

7 Net expenditure before transfers

	2024	2023
	£	£
This is stated after charging:		
Depreciation of owned fixed assets	536	715

Health Action

Notes to the Accounts

8 Staff costs

Salaries and wages	3,080	5,425
	<u>3,080</u>	<u>5,425</u>

No employee received emoluments in excess of £60,000.

9 Tangible fixed assets

	Fixtures, fittings & equipment £	Total £
Cost or revaluation		
At 1 October 2023	5,259	5,259
At 30 September 2024	<u>5,259</u>	<u>5,259</u>
Depreciation and impairment		
At 1 October 2023	3,112	3,112
Depreciation charge for the year	536	536
At 30 September 2024	<u>3,648</u>	<u>3,648</u>
Net book values		
At 30 September 2024	<u>1,611</u>	<u>1,611</u>
At 30 September 2023	<u>2,147</u>	<u>2,147</u>

10 Creditors:

amounts falling due within one year

	2024 £	2023 £
Accruals and deferred income	1,080	900
	<u>1,080</u>	<u>900</u>

Health Action

Notes to the Accounts

11 Movement in funds

	At 1 October 2023	Incoming resources (including other gains/losses) £	Resources expended £	At 30 September 2024 £
Restricted funds:				
Restricted income funds:	-	26,220	(26,220)	-
<i>Total</i>	-	26,220	(26,220)	-
Unrestricted funds:				
General funds	43,362	42,424	(51,186)	34,600
Revaluation Reserves:				
Total funds	43,362	68,644	(77,406)	34,600

12 Analysis of net assets between funds

	Unrestricted funds £	Total £
Fixed assets	1,611	1,611
Net current assets	32,989	32,989
	34,600	34,600

13 Reconciliation of net debt

	At 1 October 2023 £	Cash flows £	At 30 September 2024 £
Cash and cash equivalents	42,115	(8,046)	34,069
	42,115	(8,046)	34,069
Net debt	42,115	(8,046)	34,069

14 Related party disclosures

Controlling party

The company is limited by guarantee and has no share capital; thus no single party controls the company.

Health Action

Detailed Statement of Financial Activities For the year ended 30 September 2024

	Unrestricted funds 2024 £	Restricted funds 2024 £	Total funds 2024 £	Total funds 2023 £
Income and endowments from:				
Donations and legacies				
Colyer Fergusson	-	8,750	8,750	-
LBG PIE	-	970	970	-
Kent County Council	42,424	-	42,424	14,966
Action for Race EQ	-	16,500	16,500	-
University of Kent	-	-	-	400
	42,424	26,220	68,644	15,366
Total income and endowments	42,424	26,220	68,644	15,366
Expenditure on:				
Charitable activities				
Domestic abuse project	-	7,909	7,909	3,000
HIV test kits	-	-	-	3,650
Lateral flow kits	-	-	-	2,890
Projects	9,399	-	9,399	4,262
Outreach services providers	-	14,190	14,190	8,256
Men's Group Event	-	-	-	300
Support and Youth	-	-	-	925
Seminar expenses	750	-	750	1,038
Volunteer expenses	5,523	-	5,523	950
Publicity	12,714	4,121	16,835	3,052
	28,386	26,220	54,606	28,323
Governance costs				
Accountancy fees	1,080	-	1,080	900
Legal and professional fees	199	-	199	4,594
	1,279	-	1,279	5,494
Total of expenditure on charitable activities	29,665	26,220	55,885	33,817
Employee costs				
Salaries/wages	3,080	-	3,080	5,425
Staff training	1,240	-	1,240	2,515
	4,320	-	4,320	7,940
Motor and travel costs				
Vehicles - General costs	1,967	-	1,967	-
	1,967	-	1,967	-
Premises costs				
Rent	9,385	-	9,385	150
Premises cleaning	1,500	-	1,500	-

Health Action

Detailed Statement of Financial Activities

Premises repairs and maintenance	16	-	16	-
	<u>10,901</u>	<u>-</u>	<u>10,901</u>	<u>150</u>
General administrative costs, including depreciation and amortisation				
Depreciation of Fixtures, fittings & equipment	536	-	536	715
Stationery and printing	330	-	330	167
Sundry expenses	1,979	-	1,979	647
Telephone, fax and broadband	1,488	-	1,488	890
	<u>4,333</u>	<u>-</u>	<u>4,333</u>	<u>2,419</u>
Total of expenditure of other costs	<u>21,521</u>	<u>-</u>	<u>21,521</u>	<u>10,509</u>
Total expenditure	51,186	26,220	77,406	44,326
Net gains on investments	-	-	-	-
	<u>(8,762)</u>	<u>-</u>	<u>(8,762)</u>	<u>(28,960)</u>
Net expenditure	<u>(8,762)</u>	<u>-</u>	<u>(8,762)</u>	<u>(28,960)</u>
Net expenditure before other gains/(losses)	<u>(8,762)</u>	<u>-</u>	<u>(8,762)</u>	<u>(28,960)</u>
Net movement in funds	<u>(8,762)</u>	<u>-</u>	<u>(8,762)</u>	<u>(28,960)</u>
Reconciliation of funds:				
Total funds brought forward	43,362	-	43,362	72,322
Total funds carried forward	<u>34,600</u>	<u>-</u>	<u>34,600</u>	<u>43,362</u>

HEALTH ACTION

England & Wales - Charity number 1101235

Accounts

Health Action
Charity No. 1101235
Company No. 04730352
Trustees' Report and Unaudited Accounts
For the year ended 30 September 2022

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The Trustees, who are also directors of the charity for the purposes of the Companies Act 2006, present their report with the unaudited financial statements of the charity for the year ended 30 September 2022.

REFERENCE AND ADMINISTRATIVE DETAILS

Company No. 04730352

Charity No. 1101235

Principal Office
Kingsley House
37 - 39 Balmoral Road
Gillingham
Kent
ME7 4PF

Registered Office
Kingsley House
37 - 39 Balmoral Road
Gillingham
Kent
ME7 4PF

Directors and Trustees

The Directors of the charitable company are its Trustees for the purposes of charity law.

The following Directors and Trustees served during the year:

Edwin Mapara
Hilton Idahosa
Osas Izekor
Stephen Idahosa
Tina Murphy (deceased 06 January 2023)

Accountants
B M Cooper & Co. Limited
88 Wood Lane
Dagenham
Essex
RM9 5SL

OBJECTIVES AND ACTIVITIES

Health Action provides a wide range of services

(1) We provide information and support that acknowledges the impact of culture in HIV prevention and health promotion for African communities

(2) We advocate on behalf of African people infected by HIV

(3) We provide up to date information to facilitate informed decision-making

(4) We seek to acknowledge the importance of the effects of social exclusion.

Various activities were carried out in furtherance of these objects.

ACHIEVEMENTS AND PERFORMANCE

We want to extend our sincere gratitude to PCC Commissioning Kent for funding our Domestic violence outreach programme for men this year. The programme has had a major impact on reaching out to a hidden demography of BAME men. On behalf of Health Action, I want to thank you for helping us make a positive difference.

As an organisation, our fundamental objective is to address the needs of our service users and make decisions that benefit the community as a whole. The cost-of-living issue is making health inequities among our target group worse, so we are making a lot of effort to improve our community's health and welfare.

Once again, our sincere thanks go to our funders who have made it possible for us to continue delivering our service through these challenging periods.

We want to also thank members of the BAME communities in Medway, Faith leaders, Our Trustees, and volunteers for the unwavering support.

We are however saddened to announce the passing of our founder, Mrs Tina Murphy, on the 6th of January 2023, after a brave battle with cancer. A life so beautifully lived deserves to be beautifully remembered. The impact she had on the lives of many is very difficult to forget. Tina was the pillar on which Health Action was built and she so looked forward to our twentieth-year celebration later in the year. She has left us with such a wonderful foundation that we shall cherish and build upon. We will all miss her more than words can express.

FINANCIAL REVIEW

The Statement Of Financial Activities shows an income from the period of £33,205 (2021 - £84,310) and total expenditure of £22,473 (2021 - £47,473) leaving a net surplus for the year of £10,732 (2021 - £40,837). The net assets of the charity as at 30 September 2022 was £72,322 (2021 - £61,590).

It is the policy of the charity that unrestricted funds which have not been designated for a specific use should be maintained at a level equivalent to between three and six month's expenditure. The trustees consider that reserves at this level will ensure that, in the event of a significant drop in funding, they will be able to continue the charity's current activities while consideration is given to ways in which additional funds may be raised. This level of reserves has been maintained throughout the year.

STRUCTURE, GOVERNANCE AND MANAGEMENT

The organisation is charitable company limited by guarantee, incorporated on 10th April 2003 and it is a registered as a charity. The company was established under a Memorandum of Association dated 10th April 2003, as amended by special resolution dated 11th November 2003. The Articles and Memorandum of Association established the objects and powers of the charitable company.

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

Health Action
Trustees Annual Report

The above report has been prepared in accordance with the provisions applicable to companies subject to the small companies regime as set out in Part 15 of the Companies Act 2006 and in accordance with the Charities SORP (FRS 102).

Signed on behalf of the board

.....
Hilton Idahosa
Trustee

27 April 2023

Health Action

Independent Examiners Report

Independent Examiner's Report to the trustees of Health Action

I report to the charity trustees on my examination of the accounts of Health Action for the year ended 30 September 2022 which comprise the Statement of Financial Activities, the Summary Income and Expenditure Account, the Balance Sheet and the related notes.

Responsibilities and basis of report

As the trustees of the charity (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 charity 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 charity'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

I have completed my examination. I can confirm that no material matters have come to my attention in connection with the examination giving me cause to believe that:

- accounting records were not kept in accordance with section 386 of the 2006 Act ; or
- the accounts do not accord with those records; or
- the accounts do not comply with the accounting requirements under 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
- the accounts have not been prepared in accordance with the Charities SORP (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.

.....
Mr Bolaji Kalejaiye FCCA
ACCA
B M Cooper & Co. Limited
88 Wood Lane
Dagenham
Essex
RM9 5SL

27 April 2023

Health Action

Statement of Financial Activities
For the year ended 30 September 2022

	Notes	Unrestricted funds 2022 £	Restricted funds 2022 £	Total funds 2022 £	Total funds 2021 £
Income and endowments from:					
Donations and legacies	4	-	33,205	33,205	84,310
Total		-	33,205	33,205	84,310
Expenditure on:					
Charitable activities	5	1,380	10,843	12,223	28,016
Other	6	954	9,296	10,250	15,457
Total		2,334	20,139	22,473	43,473
Net gains on investments		-	-	-	-
Net income	7	(2,334)	13,066	10,732	40,837
Transfers between funds		-	-	-	-
Net income before other gains/(losses)		(2,334)	13,066	10,732	40,837
Other gains and losses					
Net movement in funds		(2,334)	13,066	10,732	40,837
Reconciliation of funds:					
Total funds brought forward		61,590	-	61,590	20,753
Total funds carried forward		59,256	13,066	72,322	61,590

Health Action
 Balance Sheet
 At 30 September 2022
 Company No. 04730352

	Notes	2022 £	2021 £
Fixed assets			
Tangible assets	10	2,862	3,356
		<u>2,862</u>	<u>3,356</u>
Current assets			
Cash at bank and in hand		70,360	59,134
		<u>70,360</u>	<u>59,134</u>
Creditors: Amount falling due within one year	11	(900)	(900)
Net current assets		69,460	58,234
Total assets less current liabilities		<u>72,322</u>	<u>61,590</u>
Net assets excluding pension asset or liability		<u>72,322</u>	<u>61,590</u>
Total net assets		<u><u>72,322</u></u>	<u><u>61,590</u></u>
The funds of the charity			
Restricted funds	12		
Restricted income funds		13,066	-
		<u>13,066</u>	<u>-</u>
Unrestricted funds	12		
General funds		59,256	61,590
		<u>59,256</u>	<u>61,590</u>
Reserves	12		
Total funds		<u><u>72,322</u></u>	<u><u>61,590</u></u>

These accounts have been prepared in accordance with the special provisions of Part 15 of the Companies Act 2006 relating to small companies.

For the year ended 30 September 2022 the company was entitled to exemption under section 477 of the Companies Act 2006 relating to small companies.

The members have not required the company to obtain an audit in accordance with section 476 of the Companies Act 2006.

The directors acknowledge their responsibilities for complying with the requirements of the Companies Act 2006 with respect to accounting records and the preparation of accounts.

Approved by the board on 27 April 2023

And signed on its behalf by:

.....
 Osas Izekor
 Trustee

27 April 2023

1 Accounting policies

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) (effective 1 January 2015) - (Charities SORP (FRS 102)), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Companies Act 2006.

Change in basis of accounting or to previous accounts

There has been no change to the accounting policies (valuation rules and method of accounting) since last year and no changes have been made to accounts for previous years.

Fund accounting

- | | |
|--------------------|--|
| Unrestricted funds | These are available for use at the discretion of the trustees in furtherance of the general objects of the charity. |
| Designated funds | These are unrestricted funds earmarked by the trustees for particular purposes. |
| Revaluation funds | These are unrestricted funds which include a revaluation reserve representing the restatement of investment assets at their market values. |
| Restricted funds | These are available for use subject to restrictions imposed by the donor or through terms of an appeal. |

Income

Recognition of income	Income is included in the Statement of Financial Activities (SoFA) when the charity becomes entitled to, and virtually certain to receive, the income and the amount of the income can be measured with sufficient reliability.
-----------------------	---

Income with related expenditure	Where income has related expenditure the income and related expenditure is reported gross in the SoFA.
---------------------------------	--

Donations and legacies	Voluntary income received by way of grants, donations and gifts is included in the the SoFA when receivable and only when the Charity has unconditional entitlement to the income.
------------------------	--

Tax reclaims on donations and gifts	Income from tax reclaims is included in the SoFA at the same time as the gift/donation to which it relates.
-------------------------------------	---

Donated services and facilities	These are only included in income (with an equivalent amount in expenditure) where the benefit to the Charity is reasonably quantifiable, measurable and material.
---------------------------------	--

Volunteer help	The value of any volunteer help received is not included in the accounts.
----------------	---

Investment income	This is included in the accounts when receivable.
-------------------	---

Gains/(losses) on revaluation of fixed assets	This includes any gain or loss resulting from revaluing investments to market value at the end of the year.
---	---

Gains/(losses) on investment assets	This includes any gain or loss on the sale of investments.
-------------------------------------	--

Health Action

Notes to the Accounts

Expenditure

Recognition of expenditure	Expenditure is recognised on an accruals basis. Expenditure includes any VAT which cannot be fully recovered, and is reported as part of the expenditure to which it relates.
Expenditure on raising funds	These comprise the costs associated with attracting voluntary income, fundraising trading costs and investment management costs.
Expenditure on charitable activities	These comprise the costs incurred by the Charity in the delivery of its activities and services in the furtherance of its objects, including the making of grants and governance costs.
Grants payable	All grant expenditure is accounted for on an actual paid basis plus an accrual for grants that have been approved by the trustees at the end of the year but not yet paid.
Governance costs	These include those costs associated with meeting the constitutional and statutory requirements of the Charity, including any audit/independent examination fees, costs linked to the strategic management of the Charity, together with a share of other administration costs.
Other expenditure	These are support costs not allocated to a particular activity.

Taxation

The charity is exempt from corporation tax on its charitable activities.

Tangible fixed assets and depreciation

Depreciation is provided at the following annual rates in order to write off each asset over its estimated useful life:

Fixtures, fittings & equipment	25% on written down value
--------------------------------	---------------------------

Freehold investment property

Investment properties are measured initially at cost and subsequently at fair value at each balance sheet date and are not depreciated. All gains or losses are taken to the Statement of Financial Activities as they arise.

Stocks

Stock is included at the lower of cost or net realisable value. Donated items of stock are recognised at fair value which is the amount the charity would have been willing to pay for the items on the open market.

Trade and other 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 and cash equivalents

Cash and cash equivalents comprise cash at bank and on hand, demand deposits with banks and other short-term highly liquid investments with original maturities of three months or less and bank overdrafts. In the statement of financial position, bank overdrafts are shown within borrowings or current liabilities. In the Statement of Cash Flows, cash and cash equivalents are shown net of bank overdrafts that are repayable on demand and form an integral part of the company's cash management.

Health Action

Notes to the Accounts

Trade and other creditors

Short term creditors are measured at the transaction price. Other 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.

Research and development

Expenditure on research and development is written off in the year in which it is incurred.

Foreign currencies

Monetary assets and liabilities denominated in currencies other than the functional currency of the charity are translated at the rates of exchange prevailing at the end of the reporting period.

Transactions in currencies other than the functional currency of the charity are recorded at the rate of exchange on the date that the transaction occurred.

All exchange differences are taken into account in arriving at net income/expenditure.

Leased assets

Where the charity enters into a lease which entails taking substantially all the risks and rewards of ownership of an asset, the lease is treated as a finance lease.

Leases which do not transfer substantially all the risks and rewards of ownership to charity are classified as operating leases.

Assets held under finance leases are initially recognised as assets of the charity at their fair value at the inception of the lease or, if lower, at the present value of the minimum lease payments. The corresponding liability to the lessor is included in the balance sheet date as a finance lease obligation.

Lease payments are apportioned between finance expenses and reduction of the lease obligation so as to achieve a constant rate of interest on the remaining balance of the liability. Finance expenses are recognised immediately, unless they are directly attributable to qualifying assets, in which case they are capitalised in accordance with the charity's policy on borrowing costs.

Assets held under finance leases are depreciated in the same way as owned assets.

Operating lease payments are recognised as an expense on a straight-line basis over the lease term.

In the event that lease incentives are received to enter into operating leases, such incentives are recognised as a liability. The aggregate benefit of incentives is recognised as a reduction of rental expense on a straight-line basis.

Pension costs

The charity operates a defined contribution plan for its employees. A defined contribution plan is a pension plan under which the company pays fixed contributions into a separate entity. Once the contributions have been paid the company has no further payments obligations. The contributions are recognised as expenses when they fall due. Amounts not paid are shown in accruals in the balance sheet. The assets of the plan are held separately from the company in independently administered funds.

Receipt of donated goods, facilities and services

All donated goods, facilities and services received are recognised within incoming resources and expenditure at an estimate of the value to the charity.

The company is a private company limited by guarantee and consequently does not have share capital.

3 Statement of Financial Activities - prior year

	Unrestricted funds 2021 £	Restricted funds 2021 £	Total funds 2021 £
Income and endowments from:			
Donations and legacies	47,510	36,800	84,310
Total	<u>47,510</u>	<u>36,800</u>	<u>84,310</u>
Expenditure on:			
Charitable activities	4,434	23,582	28,016
Other	2,239	13,218	15,457
Total	<u>6,673</u>	<u>36,800</u>	<u>43,473</u>
Net income	<u>40,837</u>	-	<u>40,837</u>
Net income before other gains/(losses)	40,837	-	40,837
Other gains and losses:			
Net movement in funds	<u>40,837</u>	-	<u>40,837</u>
Reconciliation of funds:			
Total funds brought forward	20,753	-	20,753
Total funds carried forward	<u><u>61,590</u></u>	<u><u>-</u></u>	<u><u>61,590</u></u>

4 Income from donations and legacies

	Restricted £	Total 2022 £	Total 2021 £
Colyer Fergusson	-	-	10,000
Kent Police	31,283	31,283	24,880
Domestic abuse project	1,922	1,922	1,920
NHS Blood Transplant	-	-	18,000
Kent County Council	-	-	2,310
National Heritage	-	-	27,200
	<u><u>33,205</u></u>	<u><u>33,205</u></u>	<u><u>84,310</u></u>

Health Action
Notes to the Accounts

5 Expenditure on charitable activities

	Unrestricted	Restricted	Total 2022	Total 2021
	£	£	£	£
<i>Expenditure on charitable activities</i>				
Domestic abuse project	-	450	450	1,300
HIV test kits	-	-	-	7,530
 <i>Governance costs</i>				
Accountancy fees	900	-	900	900
	<u>900</u>	<u>450</u>	<u>1,350</u>	<u>9,730</u>

6 Other expenditure

	Unrestricted	Restricted	Total 2022	Total 2021
	£	£	£	£
Employee costs	-	2,005	2,005	7,352
Premises costs	-	6,240	6,240	5,120
Amortisation, depreciation, impairment, profit/loss on disposal of fixed assets	954	-	954	1,119
General administrative costs	-	1,051	1,051	1,866
	<u>954</u>	<u>9,296</u>	<u>10,250</u>	<u>15,457</u>

7 Net income before transfers

	2022	2021
	£	£
This is stated after charging:		
Depreciation of owned fixed assets	954	1,119

8 Trustee remuneration and expenses

One or more of the trustees has been paid remuneration in the current or prior periods.

Trustee	Remuneration	Pension	Other benefits
Tina Murphy	2,005	-	-

9 Staff costs

Salaries and wages	2,005	6,903
	<u>2,005</u>	<u>6,903</u>

No employee received emoluments in excess of £60,000.

Health Action
Notes to the Accounts
10 Tangible fixed assets

	Fixtures, fittings & equipment £	Total £
Cost or revaluation		
At 1 October 2021	4,799	4,799
Additions	460	460
At 30 September 2022	<u>5,259</u>	<u>5,259</u>
Depreciation and impairment		
At 1 October 2021	1,443	1,443
Depreciation charge for the year	954	954
At 30 September 2022	<u>2,397</u>	<u>2,397</u>
Net book values		
At 30 September 2022	<u>2,862</u>	<u>2,862</u>
At 30 September 2021	<u>3,356</u>	<u>3,356</u>

11 Creditors:

amounts falling due within one year

	2022 £	2021 £
Accruals and deferred income	<u>900</u>	<u>900</u>
	900	900

12 Movement in funds

	At 1 October 2021 £	Incoming resources (including other gains/losses) £	Resources expended £	At 30 September 2022 £
Restricted funds:				
Restricted income funds:	-	33,205	(20,139)	13,066
<i>Total</i>	<u>-</u>	<u>33,205</u>	<u>(20,139)</u>	<u>13,066</u>
Unrestricted funds:				
General funds	61,590	-	(2,334)	59,256
Revaluation Reserves:				
Total funds	<u>61,590</u>	<u>33,205</u>	<u>(22,473)</u>	<u>72,322</u>

Health Action

Notes to the Accounts

13 Analysis of net assets between funds

	Unrestricted funds	Total
	£	£
Fixed assets	2,862	2,862
Net current assets	69,460	69,460
	<u>72,322</u>	<u>72,322</u>

14 Reconciliation of net debt

	At 1 October 2021	Cash flows	At 30 September 2022
	£	£	£
Cash and cash equivalents	59,134	11,226	70,360
	<u>59,134</u>	<u>11,226</u>	<u>70,360</u>
Net debt	<u>59,134</u>	<u>11,226</u>	<u>70,360</u>

15 Related party disclosures

Controlling party

The company is limited by guarantee and has no share capital; thus no single party controls the company.

Health Action

Detailed Statement of Financial Activities
For the year ended 30 September 2022

	Unrestricted funds 2022 £	Restricted funds 2022 £	Total funds 2022 £	Total funds 2021 £
Income and endowments from:				
Donations and legacies				
Colyer Fergusson	-	-	-	10,000
Kent Police	-	31,283	31,283	24,880
Domestic abuse project	-	1,922	1,922	1,920
NHS Blood Transplant	-	-	-	18,000
Kent County Council	-	-	-	2,310
National Heritage	-	-	-	27,200
	-	33,205	33,205	84,310
Total income and endowments	-	33,205	33,205	84,310
Expenditure on:				
Charitable activities				
Domestic abuse project	-	450	450	1,300
HIV test kits	-	-	-	7,530
Insurance	-	214	214	184
Mobility Outreach	-	-	-	150
Outreach service providers	480	6,407	6,887	13,741
Mens group event	-	680	680	1,481
Support & Youth	-	1,500	1,500	1,200
Women support group	-	1,492	1,492	500
Volunteer expenses	-	100	100	1,030
	480	10,843	11,323	27,116
Governance costs				
Accountancy fees	900	-	900	900
	900	-	900	900
Total of expenditure on charitable activities	1,380	10,843	12,223	28,016
Employee costs				
Salaries/wages	-	2,005	2,005	6,903
Staff training	-	-	-	449
	-	2,005	2,005	7,352
Premises costs				
Rent	-	5,040	5,040	5,040
Premises repairs and maintenance	-	1,200	1,200	80
	-	6,240	6,240	5,120
General administrative costs, including depreciation and amortisation				

Health Action

Detailed Statement of Financial Activities

Depreciation of Fixtures, fittings & equipment	954	-	954	1,119
Sundry expenses	-	40	40	1,040
Telephone, fax and broadband	-	1,011	1,011	826
	<u>954</u>	<u>1,051</u>	<u>2,005</u>	<u>2,985</u>
Total of expenditure of other costs	954	9,296	10,250	15,457
Total expenditure	2,334	20,139	22,473	43,473
Net gains on investments	-	-	-	-
Net income	(2,334)	13,066	10,732	40,837
Net income before other gains/(losses)	(2,334)	13,066	10,732	40,837
Other Gains	-	-	-	-
Net movement in funds	(2,334)	13,066	10,732	40,837
Reconciliation of funds:				
Total funds brought forward	61,590	-	61,590	20,753
Total funds carried forward	<u>59,256</u>	<u>13,066</u>	<u>72,322</u>	<u>61,590</u>

HEALTH ACTION

England & Wales - Charity number 1101235

Accounts

Health Action
Charity No. 1101235
Company No. 04730352
Trustees' Report and Unaudited Accounts
For the year ended 30 September 2021

B M Cooper & Co. Limited
Chartered Certified Accountants
88 Wood Lane
Dagenham
Essex
RM9 5SL

Health Action
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The Trustees, who are also directors of the charity for the purposes of the Companies Act 2006, present their report with the unaudited financial statements of the charity for the year ended 30 September 2021.

REFERENCE AND ADMINISTRATIVE DETAILS

Company No. 04730352

Charity No. 1101235

Registered Office
Kingsley House
37 - 39 Balmoral Road
Gillingham
Kent
ME7 4PF

Directors and Trustees

The Directors of the charitable company are its Trustees for the purposes of charity law. The following Directors and Trustees served during the year:

Edwin Mapara
Hilton Idahosa
Osas Izekor
Stephen Idahosa
Tina Murphy

Accountants
B M Cooper & Co. Limited
88 Wood Lane
Dagenham
Essex
RM9 5SL

OBJECTIVES AND ACTIVITIES

Health Action provides a wide range of services

- (1) We provide information and support that acknowledges the impact of culture in HIV prevention and health promotion for African communities
- (2) We advocate on behalf of African people infected by HIV
- (3) We provide up to date information to facilitate informed decision-making
- (4) We seek to acknowledge the importance of the effects of social exclusion.

Various activities were carried out in furtherance of these objects.

ACHIEVEMENTS AND PERFORMANCE

This year marked a remarkable turnaround in our organisation's history. It has been very challenging due to the COVID-19 outbreak and the lockdown, which saw most organisations unable to provide the one-to-one service that we normally provide.

We provided our services virtually and had to secure funding to purchase iPad for those who needed them, which was very successful. The men's domestic abuse project was inundated with calls during the lockdown period and the number of service users increased.

Again, as I always say, the success of Health Action Charity Organisation lies in the effort put in by our entire team.

Our main aim as HACO's directors is to ensure that the organisation meets the needs of our service users and the aims of HACO Project by empowering the African communities, staff, and volunteers to make decisions based on the needs of our community members.

Again, I would like to thank all our funders for making it possible to continue working despite all our challenges. I also want to thank the members of African communities in Medway, Faith Leaders, Trustees, staff, and volunteers for their support.

We look forward to a better year ahead.

Tina Murphy
Director

MESSAGE FROM THE CHAIR

The years 2020-2022 were challenging years for HACO as the UK public health was hit by the Covid-19 pandemic. The whole world was affected. Few countries, governments, communities, families, and individuals were spared the infection or the consequences of the Covid-19 pandemic.

The pandemic amplified the very serious gross already existing inequalities affecting the Black & Minority Ethnic (BAME) communities. Most community events and social gatherings were reduced or even stopped in some cases as Covid-19 dictated our new way of living in the community.

Face masks, social distancing, regular hand washing, and the use of hand sanitisers became the norm. HACO's website became busy with more than 500 hits per week all asking questions on this new "disease," wrongly labelled the "*China virus*" because of the reported origin of the pandemic. HACO had to go into aggressive Health Promotion and AWARENESS raising to alleviate FEAR, correct the misinformation, decrease the number of NEW infections and potential DEATHS through HACO news online:

1. Global statistics as recorded by the World Health Organisation (WHO)
2. Key facts on Covid-19 with the various types of corona viruses including MERS (Middle East Respiratory Virus), SARS (Severe Acute Respiratory Syndrome)
3. Signs and symptoms
4. Prevention and treatment, including home remedies of steaming and grandmothers' concoctions of ginger, garlic, turmeric, lemon...etc.
5. The impact on the African communities with shared sad stories of real-life infections, recoveries, near deaths' experiences and sadly death itself in many families.
6. Dealing with the stigmatisation of having had Covid-19.

Health Action

Trustees Annual Report

Gratitude to funders particularly Heritage lottery fund. More than 500 young people and some adults were reached through the project. They were educated and informed on the various African countries; traditions, cultures, music, and languages; the extended families; living as a community; mandatory respect for the elders; various traditional dressings and not forgetting the various foods and hot traditional meals. HACO believes this was a very successful project from the feedback

Meanwhile other programmes where possible went ahead with the young people, the church and the men. Social media became a way of communication more than before the pandemic.

Projects: -

1. Young People
2. The Faith community
3. The Men's Project
4. HIV Testing and other requests that needed hospital / clinic intervention
5. Social services signposting.

Ethiopian proverb, "*He who learns, teaches.*" HACO is growing from strength to strength!

The message from the Chair would not be complete without mention of the achievement of Mama HACO, one of the directors, Tina Murphy, who registered as a mature-age student with Canterbury Christ Church University. Her ACADEMIC assignments scored high grades and had exceptional comments from the lecturers! Her PRAGMATIC Public Health background bore fruition at "Uni!" Well done to Mama HACO and hope you get well soon too, the HACO Team, the valuable volunteers and our funders! Dr Edwin M. Mapara – BSc.HB, MBChB, DTM & H, DLSHTM, MSc (Infectious Diseases)

FINANCIAL REVIEW

The Statement Of Financial Activities shows an income from the period of £84,310 (2020 - £61,115) and total expenditure of £43,473 (2020 - £46,566) leaving a net surplus for the year of £40,837 (2020 - £14,549). The net assets of the charity as at 30 September 2021 was £61,590 (2020 - £20,753).

It is the policy of the charity that unrestricted funds which have not been designated for a specific use should be maintained at a level equivalent to between three and six month's expenditure. The trustees consider that reserves at this level will ensure that, in the event of a significant drop in funding, they will be able to continue the charity's current activities while consideration is given to ways in which additional funds may be raised. This level of reserves has been maintained throughout the year.

STRUCTURE, GOVERNANCE AND MANAGEMENT

The organisation is charitable company limited by guarantee, incorporated on 10th April 2003 and it is a registered as a charity. The company was established under a Memorandum of Association dated 10th April 2003, as amended by special resolution dated 11th November 2003. The Articles and Memorandum of Association established the objects and powers of the charitable company.

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

Health Action
Trustees Annual Report

The above report has been prepared in accordance with the provisions applicable to companies subject to the small companies regime as set out in Part 15 of the Companies Act 2006 and in accordance with the Charities SORP (FRS 102).

Signed on behalf of the board

.....
Hilton Idahosa
Trustee

13 June 2022

Health Action

Independent Examiners Report Independent Examiner's Report to the trustees of Health Action

I report to the charity trustees on my examination of the accounts of Health Action for the year ended 30 September 2021 which comprise the Statement of Financial Activities, the Summary Income and Expenditure Account, the Balance Sheet and the related notes.

Responsibilities and basis of report

As the trustees of the charity (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 charity 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 charity'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

I have completed my examination. I can confirm that no material matters have come to my attention in connection with the examination giving me cause to believe that:

- accounting records were not kept in accordance with section 386 of the 2006 Act ; or
- the accounts do not accord with those records; or
- the accounts do not comply with the accounting requirements under 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
- the accounts have not been prepared in accordance with the Charities SORP (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.

.....
Mr Bolaji Kalejaiye FCCA
ACCA
B M Cooper & Co. Limited
88 Wood Lane
Dagenham
Essex
RM9 5SL

13 June 2022

Health Action

Statement of Financial Activities
For the year ended 30 September 2021

	Notes	Unrestricted funds 2021 £	Restricted funds 2021 £	Total funds 2021 £	Total funds 2020 £
Income and endowments from:					
Donations and legacies	4	47,510	36,800	84,310	60,705
Other	5	-	-	-	410
Total		47,510	36,800	84,310	61,115
Expenditure on:					
Charitable activities	6	4,434	23,582	28,016	29,928
Other	7	2,239	13,218	15,457	16,638
Total		6,673	36,800	43,473	46,566
Net gains on investments		-	-	-	-
Net income	8	40,837	-	40,837	14,549
Transfers between funds		-	-	-	-
Net income before other gains/(losses)		40,837	-	40,837	14,549
Other gains and losses					
Net movement in funds		40,837	-	40,837	14,549
Reconciliation of funds:					
Total funds brought forward		20,753	-	20,753	6,204
Total funds carried forward		61,590	-	61,590	20,753

Health Action

Summary Income and Expenditure Account For the year ended 30 September 2021

	2021	2020
	£	£
Income	84,310	61,115
Gross income for the year	<u>84,310</u>	<u>61,115</u>
Expenditure	42,354	46,242
Depreciation and charges for impairment of fixed assets	1,119	324
Total expenditure for the year	<u>43,473</u>	<u>46,566</u>
Net income before tax for the year	40,837	14,549
Net income for the year	<u><u>40,837</u></u>	<u><u>14,549</u></u>

Health Action
 Balance Sheet
 At 30 September 2021
 Company No. 04730352

	Notes	2021 £	2020 £
Fixed assets			
Tangible assets	10	3,356	974
		<u>3,356</u>	<u>974</u>
Current assets			
Cash at bank and in hand		59,134	20,379
		<u>59,134</u>	<u>20,379</u>
Creditors: Amount falling due within one year	11	(900)	(600)
Net current assets		58,234	19,779
Total assets less current liabilities		61,590	20,753
Net assets excluding pension asset or liability		61,590	20,753
Total net assets		<u>61,590</u>	<u>20,753</u>
The funds of the charity			
Restricted funds	12		
Unrestricted funds	12		
General funds		61,590	20,753
		<u>61,590</u>	<u>20,753</u>
Reserves	12		
Total funds		<u>61,590</u>	<u>20,753</u>

These accounts have been prepared in accordance with the special provisions of Part 15 of the Companies Act 2006 relating to small companies.

For the year ended 30 September 2021 the company was entitled to exemption under section 477 of the Companies Act 2006 relating to small companies.

The members have not required the company to obtain an audit in accordance with section 476 of the Companies Act 2006.

The directors acknowledge their responsibilities for complying with the requirements of the Companies Act 2006 with respect to accounting records and the preparation of accounts.

Approved by the board on 13 June 2022

And signed on its behalf by:

.....
 Hilton Idahosa
 Trustee

13 June 2022

1 Accounting policies

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) (effective 1 January 2015) - (Charities SORP (FRS 102)), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Companies Act 2006.

Change in basis of accounting or to previous accounts

There has been no change to the accounting policies (valuation rules and method of accounting) since last year and no changes have been made to accounts for previous years.

Fund accounting

Unrestricted funds These are available for use at the discretion of the trustees in furtherance of the general objects of the charity.

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

Revaluation funds These are unrestricted funds which include a revaluation reserve representing the restatement of investment assets at their market values.

Restricted funds These are available for use subject to restrictions imposed by the donor or through terms of an appeal.

Income

Recognition of income Income is included in the Statement of Financial Activities (SoFA) when the charity becomes entitled to, and virtually certain to receive, the income and the amount of the income can be measured with sufficient reliability.

Income with related expenditure Where income has related expenditure the income and related expenditure is reported gross in the SoFA.

Donations and legacies Voluntary income received by way of grants, donations and gifts is included in the the SoFA when receivable and only when the Charity has unconditional entitlement to the income.

Tax reclaims on donations and gifts Income from tax reclaims is included in the SoFA at the same time as the gift/donation to which it relates.

Donated services and facilities These are only included in income (with an equivalent amount in expenditure) where the benefit to the Charity is reasonably quantifiable, measurable and material.

Volunteer help The value of any volunteer help received is not included in the accounts.

Investment income This is included in the accounts when receivable.

Gains/(losses) on revaluation of fixed assets This includes any gain or loss resulting from revaluing investments to market value at the end of the year.

Gains/(losses) on investment assets This includes any gain or loss on the sale of investments.

Health Action

Notes to the Accounts

Expenditure

Recognition of expenditure	Expenditure is recognised on an accruals basis. Expenditure includes any VAT which cannot be fully recovered, and is reported as part of the expenditure to which it relates.
Expenditure on raising funds	These comprise the costs associated with attracting voluntary income, fundraising trading costs and investment management costs.
Expenditure on charitable activities	These comprise the costs incurred by the Charity in the delivery of its activities and services in the furtherance of its objects, including the making of grants and governance costs.
Grants payable	All grant expenditure is accounted for on an actual paid basis plus an accrual for grants that have been approved by the trustees at the end of the year but not yet paid.
Governance costs	These include those costs associated with meeting the constitutional and statutory requirements of the Charity, including any audit/independent examination fees, costs linked to the strategic management of the Charity, together with a share of other administration costs.
Other expenditure	These are support costs not allocated to a particular activity.

Taxation

The charity is exempt from corporation tax on its charitable activities.

Tangible fixed assets and depreciation

Depreciation is provided at the following annual rates in order to write off each asset over its estimated useful life:

Fixtures, fittings & equipment	25% on written down value
--------------------------------	---------------------------

Freehold investment property

Investment properties are measured initially at cost and subsequently at fair value at each balance sheet date and are not depreciated. All gains or losses are taken to the Statement of Financial Activities as they arise.

Stocks

Stock is included at the lower of cost or net realisable value. Donated items of stock are recognised at fair value which is the amount the charity would have been willing to pay for the items on the open market.

Trade and other 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 and cash equivalents

Cash and cash equivalents comprise cash at bank and on hand, demand deposits with banks and other short-term highly liquid investments with original maturities of three months or less and bank overdrafts. In the statement of financial position, bank overdrafts are shown within borrowings or current liabilities. In the Statement of Cash Flows, cash and cash equivalents are shown net of bank overdrafts that are repayable on demand and form an integral part of the company's cash management.

Health Action

Notes to the Accounts

Trade and other creditors

Short term creditors are measured at the transaction price. Other 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.

Research and development

Expenditure on research and development is written off in the year in which it is incurred.

Foreign currencies

Monetary assets and liabilities denominated in currencies other than the functional currency of the charity are translated at the rates of exchange prevailing at the end of the reporting period.

Transactions in currencies other than the functional currency of the charity are recorded at the rate of exchange on the date that the transaction occurred.

All exchange differences are taken into account in arriving at net income/expenditure.

Leased assets

Where the charity enters into a lease which entails taking substantially all the risks and rewards of ownership of an asset, the lease is treated as a finance lease.

Leases which do not transfer substantially all the risks and rewards of ownership to charity are classified as operating leases.

Assets held under finance leases are initially recognised as assets of the charity at their fair value at the inception of the lease or, if lower, at the present value of the minimum lease payments. The corresponding liability to the lessor is included in the balance sheet date as a finance lease obligation.

Lease payments are apportioned between finance expenses and reduction of the lease obligation so as to achieve a constant rate of interest on the remaining balance of the liability. Finance expenses are recognised immediately, unless they are directly attributable to qualifying assets, in which case they are capitalised in accordance with the charity's policy on borrowing costs.

Assets held under finance leases are depreciated in the same way as owned assets.

Operating lease payments are recognised as an expense on a straight-line basis over the lease term.

In the event that lease incentives are received to enter into operating leases, such incentives are recognised as a liability. The aggregate benefit of incentives is recognised as a reduction of rental expense on a straight-line basis.

Pension costs

The charity operates a defined contribution plan for its employees. A defined contribution plan is a pension plan under which the company pays fixed contributions into a separate entity. Once the contributions have been paid the company has no further payments obligations. The contributions are recognised as expenses when they fall due. Amounts not paid are shown in accruals in the balance sheet.

The assets of the plan are held separately from the company in independently administered funds.

Receipt of donated goods, facilities and services

All donated goods, facilities and services received are recognised within incoming resources and expenditure at an estimate of the value to the charity.

The company is a private company limited by guarantee and consequently does not have share capital.

3 Statement of Financial Activities - prior year

	Unrestricted funds 2020 £	Restricted funds 2020 £	Total funds 2020 £
Income and endowments from:			
Donations and legacies	17,209	43,496	60,705
Other	410	-	410
Total	<u>17,619</u>	<u>43,496</u>	<u>61,115</u>
Expenditure on:			
Charitable activities	1,452	28,476	29,928
Other	1,618	15,020	16,638
Total	<u>3,070</u>	<u>43,496</u>	<u>46,566</u>
Net income	<u>14,549</u>	<u>-</u>	<u>14,549</u>
Net income before other gains/(losses)	14,549	-	14,549
Other gains and losses:			
Net movement in funds	<u>14,549</u>	<u>-</u>	<u>14,549</u>
Reconciliation of funds:			
Total funds brought forward	6,204	-	6,204
Total funds carried forward	<u><u>20,753</u></u>	<u><u>-</u></u>	<u><u>20,753</u></u>

4 Income from donations and legacies

	Unrestricted £	Restricted £	Total 2021 £	Total 2020 £
Colyer Fergusson	-	10,000	10,000	8,000
Kent Police	-	24,880	24,880	10,405
Domestic abuse project	-	1,920	1,920	-
NHS Blood Transplant	18,000	-	18,000	4,800
KCH NHS	-	-	-	8,500
Kent County Council	2,310	-	2,310	2,310
Medway Council	-	-	-	3,999
National Heritage	27,200	-	27,200	20,291
The Clothworkers Foundation	-	-	-	2,400
	<u>47,510</u>	<u>36,800</u>	<u>84,310</u>	<u>60,705</u>

Health Action
Notes to the Accounts
5 Other income

	Total 2021 £	Total 2020 £
Other income	-	410
	<u>-</u>	<u>410</u>

6 Expenditure on charitable activities

	Unrestricted £	Restricted £	Total 2021 £	Total 2020 £
<i>Expenditure on charitable activities</i>				
Domestic abuse project	-	1,300	1,300	4,956
FGM project	-	-	-	800
HIV test kits	-	7,530	7,530	-
Insurance	-	184	184	184
Mobility outreach	-	150	150	8,500
Organ donation project	-	-	-	5,505
Outreach service providers	3,534	10,207	13,741	4,825
Mens group event	-	1,481	1,481	-
Support and Youth	-	1,200	1,200	2,766
Women support group	-	500	500	940
Publicity	-	-	-	852
Volunteer expenses	-	1,030	1,030	-
<i>Governance costs</i>				
Accountancy fees	900	-	900	600
	<u>4,434</u>	<u>23,582</u>	<u>28,016</u>	<u>29,928</u>

Health Action
Notes to the Accounts

7 Other expenditure

	Unrestricted	Restricted	Total 2021	Total 2020
	£	£	£	£
Employee costs	-	7,352	7,352	11,195
Motor and travel costs	-	-	-	50
Premises costs	80	5,040	5,120	4,323
Amortisation, depreciation, impairment, profit/loss on disposal of fixed assets	1,119	-	1,119	324
General administrative costs	1,040	826	1,866	746
	<u>2,239</u>	<u>13,218</u>	<u>15,457</u>	<u>16,638</u>

8 Net income before transfers

	2021	2020
	£	£
This is stated after charging:		
Depreciation of owned fixed assets	1,119	324

9 Staff costs

Salaries and wages	6,903	3,996
	<u>6,903</u>	<u>3,996</u>

No employee received emoluments in excess of £60,000.

10 Tangible fixed assets

	Fixtures, fittings & equipment £	Total £
Cost or revaluation		
At 1 October 2020	1,298	1,298
Additions	3,501	3,501
At 30 September 2021	<u>4,799</u>	<u>4,799</u>
Depreciation and impairment		
At 1 October 2020	324	324
Depreciation charge for the year	1,119	1,119
At 30 September 2021	<u>1,443</u>	<u>1,443</u>
Net book values		
At 30 September 2021	<u>3,356</u>	<u>3,356</u>
At 30 September 2020	<u>974</u>	<u>974</u>

Health Action

Notes to the Accounts

11 Creditors:

amounts falling due within one year

	2021 £	2020 £
Accruals and deferred income	900	600
	<u>900</u>	<u>600</u>

12 Movement in funds

	At 1 October 2020 £	Incoming resources (including other gains/losses) £	Resources expended £	At 30 September 2021 £
Restricted funds:				
Restricted income funds:	-	36,800	(36,800)	-
<i>Total</i>	<u>-</u>	<u>36,800</u>	<u>(36,800)</u>	<u>-</u>
Unrestricted funds:				
General funds	20,753	47,510	(6,673)	61,590
Revaluation Reserves:				
Total funds	<u>20,753</u>	<u>84,310</u>	<u>(43,473)</u>	<u>61,590</u>

13 Analysis of net assets between funds

	Unrestricted funds £	Total £
Fixed assets	3,356	3,356
Net current assets	58,234	58,234
	<u>61,590</u>	<u>61,590</u>

14 Reconciliation of net debt

	At 1 October 2020 £	Cash flows £	At 30 September 2021 £
Cash and cash equivalents	20,379	38,755	59,134
	<u>20,379</u>	<u>38,755</u>	<u>59,134</u>
Net debt	<u>20,379</u>	<u>38,755</u>	<u>59,134</u>

Health Action

Notes to the Accounts

15 Related party disclosures

Controlling party

The company is limited by guarantee and has no share capital; thus no single party controls the company.

Health Action

Detailed Statement of Financial Activities For the year ended 30 September 2021

	Unrestricted funds 2021 £	Restricted funds 2021 £	Total funds 2021 £	Total funds 2020 £
Income and endowments from:				
Donations and legacies				
Colyer Fergusson	-	10,000	10,000	8,000
Kent Police	-	24,880	24,880	10,405
Domestic abuse project	-	1,920	1,920	-
NHS Blood Transplant	18,000	-	18,000	4,800
KCH NHS	-	-	-	8,500
Kent County Council	2,310	-	2,310	2,310
Medway Council	-	-	-	3,999
National Heritage	27,200	-	27,200	20,291
The Clothworkers Foundation	-	-	-	2,400
	<u>47,510</u>	<u>36,800</u>	<u>84,310</u>	<u>60,705</u>
Other				
Other income	-	-	-	410
	<u>-</u>	<u>-</u>	<u>-</u>	<u>410</u>
Total income and endowments	47,510	36,800	84,310	61,115
Expenditure on:				
Charitable activities				
Domestic abuse project	-	1,300	1,300	4,956
FGM project	-	-	-	800
HIV test kits	-	7,530	7,530	-
Insurance	-	184	184	184
Mobility outreach	-	150	150	8,500
Organ donation project	-	-	-	5,505
Outreach service providers	3,534	10,207	13,741	4,825
Mens group event	-	1,481	1,481	-
Support and Youth	-	1,200	1,200	2,766
Women support group	-	500	500	940
Publicity	-	-	-	852
Volunteer expenses	-	1,030	1,030	-
	<u>3,534</u>	<u>23,582</u>	<u>27,116</u>	<u>29,328</u>
Governance costs				
Accountancy fees	900	-	900	600
	<u>900</u>	<u>-</u>	<u>900</u>	<u>600</u>
Total of expenditure on charitable activities	4,434	23,582	28,016	29,928
Employee costs				
Salaries/wages	-	6,903	6,903	3,996

Health Action

Detailed Statement of Financial Activities

Staff training	-	449	449	7,199
	-	7,352	7,352	11,195
Vehicles - General costs	-	-	-	50
	-	-	-	50
Premises costs				
Rent	-	5,040	5,040	4,283
Premises repairs and maintenance	80	-	80	40
	80	5,040	5,120	4,323
General administrative costs, including depreciation and amortisation				
Depreciation of Fixtures, fittings & equipment	1,119	-	1,119	324
Sundry expenses	1,040	-	1,040	-
Telephone, fax and broadband	-	826	826	746
	2,159	826	2,985	1,070
Total of expenditure of other costs	2,239	13,218	15,457	16,638
Total expenditure	6,673	36,800	43,473	46,566
Net gains on investments	-	-	-	-
	40,837	-	40,837	14,549
Net income				
Net income before other gains/(losses)	40,837	-	40,837	14,549
Other Gains	-	-	-	-
Net movement in funds	40,837	-	40,837	14,549
Reconciliation of funds:				
Total funds brought forward	20,753	-	20,753	6,204
Total funds carried forward	61,590	-	61,590	20,753

HEALTH ACTION

England & Wales - Charity number 1101235

Accounts

Charity Registration No. 1101235

Company Registration No. 04730352 (England and Wales)

HEALTH ACTION
ANNUAL REPORT AND
UNAUDITED FINANCIAL STATEMENTS
FOR THE YEAR ENDED 30 SEPTEMBER 2020

B M Cooper & Co. Limited
Chartered Certified Accountants
88 Wood Lane
Dagenham
Essex
RM9 5SL

HEALTH ACTION

LEGAL AND ADMINISTRATIVE INFORMATION

Trustees	Mrs Tina Murphy Mr Hilton Idahosa Mr Osas Izekor Dr Edwin Mapara Mr Stephen Idahosa
Secretary	Mr Hilton Idahosa
Charity number	1101235
Company number	04730352
Principal address	Room 202, 2nd Floor Kingsley House 37 - 39 Balmoral Road Gillingham Kent ME7 4PF
Registered office	Room 202, 2nd Floor Kingsley House 37 - 39 Balmoral Road Gillingham Kent ME7 4PF
Independent examiner	B M Cooper & Co. Limited 88 Wood Lane Dagenham Essex RM9 5SL
Bankers	Barclays Bank

HEALTH ACTION

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HEALTH ACTION

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) FOR THE YEAR ENDED 30 SEPTEMBER 2020

The trustees present their report and accounts for the year ended 30 September 2020.

The accounts have been prepared in accordance with the accounting policies set out in note 1 to the accounts and comply with the charity's Articles and Memorandum of Association, the Companies Act 2006 and the Statement of Recommended Practice, "Accounting and Reporting by Charities", issued in March 2005.

Objectives and activities

Health Action provides a wide range of services;

(1) We provide information and support that acknowledges the impact of culture in HIV prevention and health promotion for African communities.

(2) We advocate on behalf of African people infected by HIV.

(3) We provide up to date information to facilitate informed decision-making.

(4) We seek to acknowledge the importance of the effects of social exclusion.

Various policies were adopted in furtherance of these objects during the year.

The trustees have paid due regard to guidance issued by the Charity Commission in deciding what activities the charity should undertake.

Achievements and performance

My aim as the Director of Health Action Charity Organisation, has always been to improve the health and well-being of African communities living in the Medway area. The year 2020 has been a very challenging one for all community-led organisations all over the world because of the COVID-19 infection and the subsequent lockdowns. It has been very challenging as our target group has been disproportionately affected by the virus which led to higher number of deaths. Our inability to provide the normal face to face support to our clients infected or affected by the virus was very demoralising.

Our main goal as an organisation is to ensure that we can meet our service users' needs, empower them and make decisions based on our community's needs. Like most other organisations, we delivered all our services online and with support from Clothworker Foundation and Heritage Lottery, we were able to purchase new IT equipment and updated our website so that service users can get the information they needed online.

We are working hard to improve our community's health and well-being as health inequality among this target group is getting wider as a result of the disproportionate effect of COVID- 19 infections and death.

Our sincere thanks go to our funders who have made it possible for us to continue delivering our services during this challenging time.

I want to personally thank members of the African communities in Medway, black faith leaders, the Trustees, and volunteers for their unwavering support.

We look forward to a better year ahead in 2021 when things get back to near normal.

Tina Murphy

Director

HEALTH ACTION

TRUSTEES' REPORT (CONTINUED)(INCLUDING DIRECTORS' REPORT) FOR THE YEAR ENDED 30 SEPTEMBER 2020

Financial review

The total incoming resources for the year amounted to £61,115 (2019 - £42,917) and the total resources expended amounted to £46,566 (2019 - £39,693) leaving a net surplus for the year of £14,549 (2019 - £3,224). The balance of fund as at 30 September 2020 was £20,753 (2019 - £6,204).

Risk Management

The trustees have assessed the major risks to which the charity is exposed, and are satisfied that systems are in place to mitigate exposure to the major risks.

Structure, governance and management

The charity was established by a Memorandum and Articles of Association dated 10th April 2003 as amended by special resolution dated 11th November 2003. It was registered as a charity on 17th December 2003 with charity number 1101235.

The trustees, who are also the directors for the purpose of company law, and who served during the year and up to the date of signature of the financial statements were:

Mrs Tina Murphy

Mr Hilton Idahosa

Mr Osas Izekor

Dr Edwin Mapara

Mr Stephen Idahosa

Mr James Olayinka

(Resigned 13 July 2020)

None of the trustees has any beneficial interest in the company. All of the trustees are members of the company and guarantee to contribute £10 in the event of a winding up.

The trustees' report was approved by the Board of Trustees.

Mr Hilton Idahosa

Trustee

Dated: 6 February 2021

HEALTH ACTION

INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF HEALTH ACTION

I report on the financial statements of the charity for the year ended 30 September 2020, which are set out on pages 4 to 9.

Respective responsibilities of trustees and examiner

The charity's trustees, who are also the directors of Health Action for the purposes of company law, are responsible for the preparation of the financial statements. The trustees consider that an audit is not required for this year under section 144(2) of the Charities Act 2011 (the 2011 Act) and that an independent examination is needed.

Having satisfied myself that the charity is not subject to audit under company law and is eligible for independent examination, it is my responsibility to:

- (i) examine the financial statements under section 145 of the 2011 Act;
- (ii) to follow the procedures laid down in the general Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act; and
- (iii) to state whether particular matters have come to my attention.

Basis of independent examiner's report

My examination was carried out in accordance with the general Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the financial statements presented with those records. It also includes consideration of any unusual items or disclosures in the financial statements, and seeking explanations from you as trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit and consequently no opinion is given as to whether the financial statements present a 'true and fair view' and the report is limited to those matters set out in the next statement.

Independent examiner's statement

In connection with my examination, no matter has come to my attention:

- (a) which gives me reasonable cause to believe that in any material respect the requirements:
 - (i) to keep accounting records in accordance with section 386 of the Companies Act 2006; and
 - (ii) to prepare financial statements which accord with the accounting records, comply with the accounting requirements of section 396 of the Companies Act 2006 and with the methods and principles of the Statement of Recommended Practice: Accounting and Reporting by Charities;have not been met or
- (b) to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

Mr. B. M. Kalejaiye FCCA
B M Cooper & Co. Limited

88 Wood Lane
Dagenham
Essex
RM9 5SL

Dated: 23 February 2021

HEALTH ACTION

STATEMENT OF FINANCIAL ACTIVITIES INCLUDING INCOME AND EXPENDITURE ACCOUNT

FOR THE YEAR ENDED 30 SEPTEMBER 2020

	Notes	Unrestricted funds £	Restricted funds £	Total 2020 £	Total 2019 £
<u>Income and endowments from:</u>					
Voluntary Income	2	17,209	43,496	60,705	42,917
Other income	3	410	-	410	-
Total income		<u>17,619</u>	<u>43,496</u>	<u>61,115</u>	<u>42,917</u>
<u>Expenditure on:</u>					
Charitable activities	4	3,070	43,496	46,566	39,693
Net income for the year/ Net movement in funds		14,549	-	14,549	3,224
Fund balances at 1 October 2019		<u>6,204</u>	<u>-</u>	<u>6,204</u>	<u>2,980</u>
Fund balances at 30 September 2020		<u><u>20,753</u></u>	<u><u>-</u></u>	<u><u>20,753</u></u>	<u><u>6,204</u></u>

The statement of financial activities includes all gains and losses recognised in the year.

All income and expenditure derive from continuing activities.

The statement of financial activities also complies with the requirements for an income and expenditure account under the Companies Act 2006.

HEALTH ACTION

BALANCE SHEET

AS AT 30 SEPTEMBER 2020

	Notes	2020 £	£	2019 £	£
Fixed assets					
Tangible assets	7		974		-
Current assets					
Cash at bank and in hand		20,379		6,804	
Creditors: amounts falling due within one year	8	(600)		(600)	
Net current assets			19,779		6,204
Total assets less current liabilities			20,753		6,204
Income funds					
Unrestricted funds			20,753		6,204
			20,753		6,204

The company is entitled to the exemption from the audit requirement contained in section 477 of the Companies Act 2006, for the year ended 30 September 2020.

The trustees acknowledge their responsibilities for ensuring that the charity keeps accounting records which comply with section 386 of the Act and for preparing financial statements which give a true and fair view of the state of affairs of the company as at the end of the financial year and of its incoming resources and application of resources, including its income and expenditure, for the financial year in accordance with the requirements of sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the company.

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.

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

The financial statements were approved by the Trustees on 6 February 2021

Mrs Tina Murphy
Trustee

Company Registration No. 04730352

HEALTH ACTION

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 30 SEPTEMBER 2020

1 Accounting policies (Continued)

1.7 Cash and cash equivalents

Cash and cash equivalents include cash in hand, deposits held at call with banks, other short-term liquid investments with original maturities of three months or less, and bank overdrafts. Bank overdrafts are shown within borrowings in current liabilities.

2 Voluntary Income

	Unrestricted funds	Restricted funds	Total 2020	Total 2019
	£	£	£	£
Donations grants and gifts	17,209	43,496	60,705	42,917
	<u>16,227</u>	<u>26,690</u>		<u>42,917</u>
For the year ended 30 September 2019	<u>16,227</u>	<u>26,690</u>		<u>42,917</u>

3 Other income

	Unrestricted funds	Total
	2020	2019
	£	£
Other income	410	-
	<u>410</u>	<u>-</u>

HEALTH ACTION

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 30 SEPTEMBER 2020

4 Charitable activities

	Unrestricted Funds £	Restricted Funds £	Total 2020 £	Total 2019 £
Staff costs	-	3,996	3,996	1,881
Depreciation and impairment	324	-	324	-
Mobility outreach	-	8,500	8,500	-
Projects	-	-	-	261
Outreach service providers	-	4,825	4,825	17,669
Postage & Stationery	-	-	-	450
Motor Expenses	-	50	50	100
Training	1,294	5,905	7,199	1,960
Accountancy fees	600	-	600	600
Sundry expenses	-	-	-	360
Volunteer expenses	-	-	-	80
Insurance	-	184	184	368
Premises Costs	852	4,283	5,135	8,205
Seminar expenses	-	-	-	1,971
Telephone and Fax	-	746	746	1,468
Domestic abuse	-	4,956	4,956	-
FGM project	-	800	800	-
Organ donation project	-	5,505	5,505	-
Women support group	-	940	940	-
Repairs and maintenance	-	40	40	300
Support & youth	-	2,766	2,766	4,020
	<u>3,070</u>	<u>43,496</u>	<u>46,566</u>	<u>39,693</u>

5 Trustees

None of the trustees (or any persons connected with them) received any remuneration during the year.

6 Employees

Number of employees

The average monthly number of employees during the year was:

	2020 Number	2019 Number
Administrative	1	1
	<u>1</u>	<u>1</u>
Employment costs	2020	2019
	£	£
Wages and salaries	3,996	1,881
	<u>3,996</u>	<u>1,881</u>

There were no employees whose annual remuneration was £60,000 or more.

HEALTH ACTION

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 30 SEPTEMBER 2020

7 Tangible fixed assets		Fixtures, fittings & equipment
		£
Cost		
Additions		1,298
		<hr/>
At 30 September 2020		1,298
		<hr/>
Depreciation and impairment		
Depreciation charged in the year		324
		<hr/>
At 30 September 2020		324
		<hr/>
Carrying amount		
At 30 September 2020		974
		<hr/> <hr/>
8 Creditors: amounts falling due within one year		
	2020	2019
	£	£
Accruals and deferred income	600	600
	<hr/> <hr/>	<hr/> <hr/>

HEALTH ACTION

DETAILED STATEMENT OF FINANCIAL ACTIVITIES FOR THE YEAR ENDED 30 SEPTEMBER 2020

	Unrestricted funds	Restricted funds	2020 Total	2019 Total
	£	£	£	£
Incoming resources				
Clothesworkers foundation	2,400	-	2,400	-
Kent County Council	2,310	-	2,310	-
Medway Council	3,999	-	3,999	-
Kent Police	-	10,405	10,405	-
KCH NHS Trust	8,500	-	8,500	100
Henry Smith	-	-	-	9,700
Kent Community Foundation	-	-	-	7,730
Heritage Lottery	-	20,291	20,291	9,000
Post code lottery	-	-	-	16,127
Colyer Fergusson	-	8,000	8,000	-
UK Counselling	-	-	-	260
NHS blood transplant	-	4,800	4,800	-
Other income	410	-	410	-
	17,619	43,496	61,115	42,917
Resources expended				
Outreach service provided	-	4,825	4,825	17,669
Domestic abuse project	-	4,956	4,956	-
FGM project	-	800	800	-
Mobility outreach	-	8,500	8,500	-
Organ donation project	-	5,505	5,505	-
Women support group	-	940	940	-
Premises costs	-	4,283	4,283	8,205
Volunteer expenses	-	-	-	80
Staff wages and salaries	-	3,996	3,996	1,881
Seminar expenses	-	-	-	1,971
Projects	-	-	-	261
Publicity	852	-	852	-
Printing, postage and stationery	-	-	-	450
Telephone and fax	-	746	746	1,468
Motor expenses	-	50	50	100
Training	1,294	5,905	7,199	1,960
Repairs & Maintenance	-	40	40	300
Support & youth	-	2,766	2,766	4,020
Accountancy fees	600	-	600	600
Sundry expenses	-	-	-	360
Insurance	-	184	184	368
Depreciation	324	-	324	-
	3,070	43,496	46,566	39,693