

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

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

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# HEALTH ACTION

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# HEALTH ACTION

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

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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

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### 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

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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 £
<b><u>Income and endowments from:</u></b>					
Voluntary Income	2	17,209	43,496	60,705	42,917
Other income	3	410	-	410	-
<b>Total income</b>		<u>17,619</u>	<u>43,496</u>	<u>61,115</u>	<u>42,917</u>
<b><u>Expenditure on:</u></b>					
Charitable activities	4	<u>3,070</u>	<u>43,496</u>	<u>46,566</u>	<u>39,693</u>
<b>Net income for the year/ Net movement in funds</b>		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>
<b>Fund balances at 30 September 2020</b>		<u>20,753</u>	<u>-</u>	<u>20,753</u>	<u>6,204</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 £	£
<b>Fixed assets</b>					
Tangible assets	7		974		-
<b>Current assets</b>					
Cash at bank and in hand		20,379		6,804	
<b>Creditors: amounts falling due within one year</b>	8	(600)		(600)	
Net current assets			19,779		6,204
<b>Total assets less current liabilities</b>			20,753		6,204
<b>Income funds</b>					
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 FOR THE YEAR ENDED 30 SEPTEMBER 2020

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### 1 Accounting policies

#### Charity information

Health Action is a private company limited by guarantee incorporated in England and Wales. The registered office is Room 202, 2nd Floor Kingsley House, 37 - 39 Balmoral Road, Gillingham, Kent, ME7 4PF.

#### 1.1 Accounting convention

The financial statements have been prepared in accordance with the charity's [governing document], the Companies Act 2006 and "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)" (as amended for accounting periods commencing from 1 January 2016). The charity is a Public Benefit Entity as defined by FRS 102.

The charity has taken advantage of the provisions in the SORP for charities applying FRS 102 Update Bulletin 1 not to prepare a Statement of Cash Flows.

The financial statements have been prepared under the historical cost convention, modified to include the revaluation of freehold properties and to include investment properties and certain financial instruments at fair value. The principal accounting policies adopted are set out below.

#### 1.2 Going concern

At the time of approving the financial statements, the trustees have a reasonable expectation that the charity has adequate resources to continue in operational existence for the foreseeable future. Thus the trustees continue to adopt the going concern basis of accounting in preparing the financial statements.

#### 1.3 Charitable funds

Unrestricted funds are available for use at the discretion of the trustees in furtherance of their charitable objectives unless the funds have been designated for other purposes.

Restricted funds are subject to specific conditions by donors as to how they may be used. The purposes and uses of the restricted funds are set out in the notes to the accounts.

#### 1.4 Incoming resources

Income is recognised when the charity is legally entitled to it after any performance conditions have been met, the amounts can be measured reliably, and it is probable that income will be received.

#### 1.5 Resources expended

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost to the category. Where costs cannot be directly attributed to particular headings, they have been allocated to activities on a basis consistent with the use of resources.

VAT is not recoverable by the charity and is included in the relevant costs in the accounts.

#### 1.6 Tangible fixed assets

Fixtures, fittings & equipment	25% on written down value
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# 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>
<b>For the year ended 30 September 2019</b>				

### 3 Other income

	Unrestricted funds	Total
	2020 £	2019 £
Other income	410	-

# 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
	<b>3,070</b>	<b>43,496</b>	<b>46,566</b>	<b>39,693</b>

### 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
	<b>2020</b>	<b>2019</b>
	<b>£</b>	<b>£</b>
Employment costs		
Wages and salaries	3,996	1,881

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 £
<b>Cost</b>	
Additions	1,298
At 30 September 2020	1,298
<b>Depreciation and impairment</b>	
Depreciation charged in the year	324
At 30 September 2020	324
<b>Carrying amount</b>	
At 30 September 2020	974

### 8 Creditors: amounts falling due within one year

	2020 £	2019 £
Accruals and deferred income	600	600

# HEALTH ACTION

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

	Unrestricted funds £	Restricted funds £	2020 Total £	2019 Total £
<b>Incoming resources</b>				
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	-
	<b>17,619</b>	<b>43,496</b>	<b>61,115</b>	<b>42,917</b>
<b>Resources expended</b>				
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	-
<b>Total resources expended</b>	<b>3,070</b>	<b>43,496</b>	<b>46,566</b>	<b>39,693</b>