

THE ERNEST FOUNDATION

England & Wales · Charity number 1116823

Details

Status Registered

Legal form Charitable company

Company number [05976834](#)

Registered 2006-11-16

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

Contact

Address 45 Cardiff House
Peckham Park Road
London
SE15 6TT

Phone 07794513215

Email info@theernestfoundation.org

Website www.theernestfoundation.org

Activities

Objects: TO CARRY OUT ACTIVITIES AND PROJECTS THAT WILL BRING SUPPORT AND RELIEF TO PEOPLE LIVING WITH HIV/AIDS AND RELATED DISEASES AMONG THE GHANAIAN COMMUNITY AND OTHERS IN ENGLAND AND WALES AND ELSEWHERE BYA. PROVIDING NEEDED MEDICATION FOR GHANAIS AND OTHERS LIVING WITH HIV/AIDS BUT CANNOT AFFORD THE COST OF TREATMENT;B. HARNESSING HUMAN RESOURCES FROM THE COMMUNITY AND THE PUBLIC AT LARGE, I.E. DOCTORS, NURSES AND OTHERS IN HEALTH AND SOCIAL CARE, AND THE MEDICAL PROFESSION WHO SPECIALISE IN THIS AREA OF HEALTH CARE TOI. PROVIDE COUNSELLING, SUPPORT AND CARE FOR PEOPLE LIVING WITH HIV/AIDS AND RELATED HEALTH PROBLEMS/CONDITIONS;II,PROVIDE HEALTH EDUCATION SERVICES AMONGST THE GHANAIAN COMMUNITY AND OTHERS IN ENGLAND AND WALES ON THE PREVENTION OF HIV/AIDS;III. ORGANISE SEMINARS, WORKSHOPS AND INTERVENTIONAL PROGRAMMES TOWARDS BEHAVIOURAL CHANGE.C. ORGANISE SOCIAL CARE EVENTS THROUGH OUTREACH PROGRAMMES FOR THOSE DIAGNOSED WITH HIV/AIDS.

Activities: Organise health promotion seminars, workshops, and peer support group for people living with and affected by HIV and Mental Health. Run a support group for people living with HIV. We also organise activities for children and young people 'supplementary school' to get them off the street and empower them. Support and advocacy for Asylum Seekers and Refugees. Help to support and reduce poverty.

Classification

- **How:** Provides Human Resources, Provides Services, Provides Advocacy/advice/information, Sponsors Or Undertakes Research, Other Charitable Activities
- **What:** General Charitable Purposes, Education/training, The Advancement Of Health Or Saving Of Lives, Disability, The Prevention Or Relief Of Poverty, Overseas Aid/famine Relief, Accommodation/housing, Arts/culture/heritage/science, Amateur Sport, Economic/community Development/employment, Human Rights/religious Or Racial Harmony/equality Or Diversity, Recreation, Other Charitable Purposes
- **Who:** Children/young People, Elderly/old People, People With Disabilities, Other Defined Groups, The General Public/mankind

Geography

- **Area of benefit:** GHANA, ENGLAN, WALES
- Ghana
- Barking And Dagenham
- Barnet
- Brent
- Croydon
- Greenwich
- Hackney
- Lambeth
- Lewisham
- Merton
- Southwark

Finances

Period end	Income	Expenditure	Assets	Employees
2025-10-31	£50,524	£52,885	-	-
2024-10-31	£50,600	£55,917	-	-
2023-10-31	£53,058	£47,485	-	-
2022-10-31	£11,505	£11,227	-	-
2021-10-31	£50,818	£46,145	-	-

Trustees

Name	Role	Appointed
ERIC APPIAH	Chair	2021-08-23
ANTHONY FOSU MAINOOH		
Benedicta Yeboah		2011-12-23
Joseph Brako Aikins		2024-05-11
SETH BAIDOO		

THE ERNEST FOUNDATION

England & Wales - Charity number 1116823

Accounts

THE ERNEST FOUNDATION
FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31ST OCTOBER 2025

Charity Registration Number: 1116823

Company Registration Number: 5976834

LONDON ACCOUNTANCY PRACTICE
SOJOURNER TRUTH COMMUNITY CENTRE
161 SUMNER ROAD
LONDON SE15 6JL

**THE ERNEST FOUNDATION
YEAR ENDED 31ST OCTOBER 2025**

CONTENTS	Page
Administrative Information	3
Management Trustee's Report	4-10
Independent Examiner's Report	11
Statement of Financial Activities	12
Balance Sheet	13
Notes to the Financial Statements	14-15
Detailed Income and Expenditure	16

**THE ERNEST FOUNDATION
ADMINISTRATIVE INFORMATION
AS AT 31ST OCTOBER 2025**

REGISTRATION DETAILS

The Ernest Foundation is an incorporated organisation registered as a charity with a Charity registration number 1116823; and Company Registration number 5976834.

GOVERNING DOCUMENT

The Ernest Foundation is governed by the Companies Act 2006, Charities Act 2011, and its' constitution.

MANAGEMENT COMMITTEE

Mr Eric Appiah Nkrumah..... Chairman
Mr Anthony Fosu Mainooh.....Secretary
Mr Joseph Brako Aikins.....Member
Mr Baidoo.....Member
Mrs Benedicta Konadu.....Member

PRINCIPAL ADDRESS

The Ernest Foundation
45 Cardiff House
Peckham Park Road
London SE15 6TT

INDEPENDENT EXAMINER

London Accountancy Practice
Sojourner Truth Community Centre
161 Sumner Road
London SE15 6JL

BANKERS

Barclays Bank
Woolwich Branch
London

THE ERNEST FOUNDATION MANAGEMENT COMMITTEE REPORT YEAR ENDING 31ST OCTOBER 2025

Executive Summary

The year ending 31st October 2025 has been a year of impact, innovation, and strengthened partnerships for The Ernest Foundation. Guided by our mission to improve health, build resilience, and empower disadvantaged individuals and families, we have continued to deliver vital community-based programmes addressing mental health, physical well-being, enterprise development, and social inclusion. Through the support of funders including Southwark Council, Sported Foundation, Do It Now Now (DiNN), St Saviour's Charity, Innovative Health Network South London (NHS), and Southwark Council (Shared Intelligence), we have improved health outcomes, reduced isolation, and enhanced opportunities for hundreds of residents across Southwark and neighbouring boroughs.

Our flagship programmes — Health in Harmony, Move On in Life, Stronger Together: Building Resilient Communities in Southwark, the Community Enterprise Project, and the Community Blood Pressure Screening Tool Project — delivered measurable social and health benefits throughout the reporting year.

We also acknowledge the essential contribution of our volunteers, who gave over 2,500 hours of service, and our in-kind partners — The Felix Project and Giving World — whose support enabled us to provide food and essential goods to more than 400 households facing hardship.

Looking ahead, we will continue building on our achievements through the continuation of Stronger Together (Phase II) and the launch of our new initiative, Healthy Women, Healthy Futures, focused on women's health, empowerment, and leadership, Stronger Together: Building Resilient Communities in Southwark and Community Enterprise Project

Organisational Overview

Founded in 2006, The Ernest Foundation (TEF) is a community-led charity working to enhance health, resilience, and economic empowerment among disadvantaged, isolated, and marginalised individuals.

Our approach combines wellness, education, enterprise, and inclusion to help communities thrive. We believe in creating sustainable pathways to health and prosperity by equipping individuals with the tools, confidence, and connections to improve their lives and those of others.

Projects Delivered During the Reporting Period

1. Health in Harmony Program

This flagship health and wellness programme supports individuals living with HIV and mental health challenges.

- **Activities:** Weekly fitness classes, mindfulness sessions, and peer support groups.
- **Delivery Partner:** Sport Works Ltd.
- **Impact:** 85% of participants reported improvements in mental health, physical activity, and social connections.

2. Move On in Life

A life skills and employability support programme designed to help individuals build confidence and secure meaningful work or training opportunities.

- **Activities:** Job-readiness training, digital literacy workshops, and one-to-one mentoring.
- **Impact:** 42 participants transitioned into employment, volunteering, or education.
- **Outcome:** Strengthened confidence, employability, and resilience among participants.

3. One Community, Many Cultures *(to continue next reporting year)*

This intercultural initiative celebrates Southwark's diversity and fosters inclusion through cultural exchanges and shared experiences.

- **Activities:** Storytelling events, intergenerational workshops, and cultural showcases.
- **Outcome:** Strong groundwork laid for full launch in 2026, with community ambassadors and partnerships established.

4. Stronger Together: Building Resilient Communities in Southwark

Funded by Southwark Council's Thriving Community Fund, this project strengthens social ties, promotes health awareness, and empowers residents to take local action.

- **Activities:** Community health workshops, resilience sessions, and peer mentoring.
- **Impact:** Over **200 residents** engaged through structured activities and local volunteering.
- **Outcome:** Increased sense of belonging, well-being, and local leadership capacity.

5. Community Enterprise Project

Funded by: *Do It Now Now (DiNN)*

This project aims to build entrepreneurial capacity within the community while developing a financially sustainable model for The Ernest Foundation's long-term stability.

The Ernest Foundation's enterprise model will generate income through **five key streams:**

1. **Service Fees** for training and wellness programmes
2. **Social Enterprise Product Sales**
3. **Grant Funding**
4. **Partnership Contributions**
5. **Individual Donations**

Project Impact

- 10 participants supported to develop microbusiness or social enterprise ideas.
- 5 start-up projects advanced into early-stage development.
- Strengthened financial confidence and community-led innovation among participants.

6. Community Blood Pressure Screening Tool Project

Funded by: *Innovative Health Network South London (NHS)*

Delivered in partnership with: *Lister Practice*

On **30 September 2025**, TEF held a **Community Blood Pressure Check Event** in partnership with Lister Practice to raise awareness of cardiovascular health and promote early detection of high blood pressure.

Results:

- **142 community members** screened
- **21 referred** to their GPs for further monitoring
- **2 identified** with severe readings requiring urgent medical attention

This initiative significantly increased local awareness of cardiovascular health, strengthened links between the community and healthcare providers, and supported the NHS's preventative care strategy.

In-Kind Support and Volunteering

Volunteers:

Our volunteers are at the heart of everything we do. Over **2,500 hours** of volunteer time were contributed this year, supporting outreach, mentoring, administrative support, and food distribution.

Food and Essential Goods Distribution:

Through our partnerships with **The Felix Project** and **Giving World**, we provided consistent community food aid and essential goods to residents facing hardship.

- **The Felix Project** supplied surplus food for weekly distributions.
- **Giving World** provided household goods, toiletries, and educational resources.

Together, these efforts supported **over 400 households**, helping to reduce food insecurity and improve overall community well-being.

Funders and Partners

We gratefully acknowledge the support of our funders and partners:

- **Southwark Council – Active Sport and Culture Fund**
- **Southwark Council – Neighbourhood Fund**
- **Southwark Council – Thriving Community Fund**
- **Sported Foundation**
- **Do It Now Now (DiNN)**
- **St Saviour's Charity**
- **Innovative Health Network South London (NHS)**
- **Shared Intelligence**
- **The Felix Project (In-kind support)**
- **Giving World (In-kind support)**

Future Projects (2025–2026)

1. Stronger Together: Building Resilient Communities in Southwark (Phase II)
The next phase will deepen local engagement, enhance peer-led learning, and build sustainability into community leadership models.

2. Healthy Women, Healthy Futures

A new initiative promoting women's physical and mental health, nutrition, and empowerment through workshops, fitness sessions, and peer mentoring networks.

3. Community Enterprise Project - Funded by: *Do It Now Now (DiNN)*

Financial and Operational Overview

The Ernest Foundation maintained strong governance and prudent financial management throughout 2025, ensuring resources were aligned with charitable objectives.

Key Metrics:

- **Volunteer hours contributed:** ~2,500
- **In-kind support value:** £35,000
- **Households supported through food and goods:** 400+
- **Individuals engaged in programmes:** 600+

Our financial model blends **grants, earned income, and in-kind support**, reducing dependency on single funding streams and ensuring resilience for the years ahead.

Looking Ahead

Our priorities for 2026 include:

- Expanding women's health and empowerment programmes.
- Scaling enterprise and training programmes for sustainability.
- Strengthening NHS and council partnerships.
- Enhancing data tracking and outcome reporting systems.

The Ernest Foundation remains steadfast in its mission to **build healthy, empowered, and resilient communities** through inclusive programmes and partnerships.

Contact Information

The Ernest Foundation

45 Cardiff House, Peckham Park Road, SE15 6TT

✉ info@theernestfoundation.org

☎ 07402 958398

🌐 www.theernestfoundation.org

The Annual report of the foundation for the year ending 31st October 2025, which has been agreed by the Board

1.0 PRINCIPAL ACTIVITY

The principal activity of the charity is to help support and improve the quality of life of people living with and affected by HIV, Mental Health Wellbeing issues, and other related diseases among the Black Minority Ethnic (BME) community and others in England,

Wales, and Ghana. The foundation also works with children and young people to help them focus on their education and stay off the street from gun crime and other antisocial activities. We also help to reduce poverty in deprived communities in Ghana and in London.

2.0 MISSION AND VISION STATEMENT:

Our mission is to support and provide education, self-esteem, and empowerment activities for people living with HIV and Mental well-being health issues to enable them to live a normal, happy life without fear of stigmatisation. We also run educational programs on HIV with schools, Faith groups, and the public to help reduce the spread of HIV.

Our vision is to help create the following.

- A world where people are not in fear of HIV.
- A world where people are free from stigma, discrimination, and prejudice.
- A world where people will be free and willing to go for early HIV testing.
- A world where we educate ourselves to combat the spread of the disease.
- A world where people with Mental Health Well-being issues are not isolated

3.0 AIMS AND OBJECTIVES:

We aim to carry out projects and activities that will bring relief and help improve the lives of people living with and affected by HIV and its related diseases among the Multinational communities and others in England. We also aimed at working with children and young people to help build their confidence, get them off the street, and focus on their education.

Our main objectives are:

- Advance and promote public education and research in the field of health and communicable diseases, and help reduce its spread.
- Advocate for the provision of free needed medication for the BAME community and others living with HIV but cannot afford the cost of treatment.
- Provide home care support for such people who have undergone medical treatment or who otherwise require nursing care and regular specialist medical attention, and to relieve poverty, distress, and sickness among such people and their families
- Provide counselling, support, and care for people living with HIV and related health problems/conditions.
- Organise HIV awareness seminars among the BME community and others in England and Wales on the prevention and spread of HIV.
- Support people living with HIV on issues that will promote their equal rights to treatment and living conditions.
- Address stigma, prejudice, and taboo against people living with HIV and Mental Health

- Provide supplementary education services to young people among the Black Ethnic Minorities.
- Organise and run a support group for BME women and LGBT+

Signed



Ernest Nkrumah
Executive Director


**THE ERNEST FOUNDATION
MANAGEMENT COMMITTEE REPORT
YEAR ENDED 31st OCTOBER 2025**

STATEMENT OF MANAGEMENT COMMITTEE RESPONSIBILITIES

The Management Committee is required to prepare financial statements which give a true and fair view of the state of affairs of the project and of the income and expenditure of the project for that period. In preparing these financial statements, the management committee is required to:

- select suitable accounting policies and apply them consistently;
- make judgements and estimates that are reasonable and prudent;
- state whether applicable standards and statement of recommended practice have been followed, subject to any material departures disclosed and explained in the financial statements; and
- prepare the financial statements on a going concern basis unless it is inappropriate to presume that the project will continue in operation.

The Management Committee is responsible for keeping proper records that disclose at any time the financial position of the project. They are also responsible for safeguarding the assets of the organisation and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Secretary  Date 12/11/2025

Anthony Fosu Mainooh

**THE ERNEST FOUNDATION
INDEPENDENT EXAMINER'S REPORT
YEAR ENDED 31st OCTOBER 2025**

I report on the accounts of the company for the year ended 31st October 2025, which are set out on pages 11 to 12

Respective responsibilities of trustees and examiner

The trustees (who are also the directors of the company for the purposes of company law) are responsible for the preparation of the accounts. 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:

- examine the accounts under section 145 of the 2011 Act;
- 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
- to state whether particular matters have come to my attention.

Basis of the 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 accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, 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 accounts present a 'true and fair view', and the report is limited to those matters set out in the statement below.

Independent examiner's statement

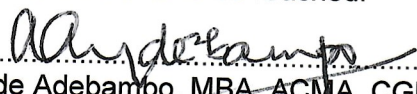
In connection with my examination, no matter has come to my attention:

(1) which gives me reasonable cause to believe that in any material respect the requirements:

- to keep accounting records in accordance with section 386 of the Companies Act 2006; and
- to prepare accounts that 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

(2) to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.


Ade Adebambo, MBA, ACMA, CGMA, ACG
London Accountancy Practice
161 Sumner Road
London SE15 6JL

Date 13th November 2025

**THE ERNEST FOUNDATION
STATEMENT OF FINANCIAL ACTIVITIES
YEAR ENDED 31 OCTOBER 2025**

INCOMING RESOURCES	Unrestricted Fund £	Restricted Fund £	Total 2025 £	Total 2024 £
Voluntary Income	2,470	26,500	28,970	47,420
Donations	3,934	0	3,934	3,180
Total Incoming Resources	6,404	44,120	50,524	50,600
Cost of generating Funds:				
Charitable activities	13,412	39,473	52,885	55,917
Total Charitable Activities	13,412	39,473	52,885	55,917
Net Incoming Resources	-7,008	4,647	-2,361	-5,317
Balance Brought Forward	20,023	13	20,036	25,353
Balance Carried Forward	13,015	4,660	17,675	20,036

**THE ERNEST FOUNDATION
BALANCE SHEET
AS AT 31 OCTOBER 2025**

FIXED ASSETS

		2025	2024
	£	£	£
CURRENT ASSETS			
Debtors	2	17,436	17,713
Bank and cash at hand		939	3,073
		<u>18,375</u>	<u>20,786</u>
CURRENT LIABILITIES			
Creditors & Accruals	3	700	750
		17,675	20,036
		<u>17,675</u>	<u>20,036</u>

REPRESENTED BY :

FUNDS:

Unrestricted	13,015	20,023
Restricted	4,660	13
	<u>17,675</u>	<u>20,036</u>

Approved by the Board of Directors on 12/11/2025 2025

and signed on its behalf by

Sign.  Director
Ernest Nkrumah

**THE ERNEST FOUNDATION
NOTES TO THE ACCOUNTS
YEAR ENDED 31ST OCTOBER 2025**

1. ACCOUNTING POLICIES

1.1 Basis of preparation of Financial Statements

The financial statements are prepared under the historic cost convention and include the results of the charity's operations which are described in the Management Committee's Report and all of which are continuing.

The accounts have been prepared in accordance with the Statements of Recommended Practice for charity accounts.

The charity has taken advantage of the exemption of Financial Reporting Standard No 1 from the requirements to produce a cash flow statement on the grounds that it qualifies as a small charity

1.2 Incoming Resources

1.2.1 Revenue grants are credited to the Statement of Financial Activities on the earlier date of when they are received or when they are receivable, unless they relate to a specific future period, in which case they are included on the Balance Sheet as deferred income to be recognised in the future accounting period.

1.2.2 Grants received for specific purposes are accounted for as restricted funds in the Statement of Financial Activities.

1.3 Restricted Funds

Restricted funds are to be used for specific purposes as laid down by the donor. Expenditure which meets these criteria is identified to the fund, together with a fair allocation of management and support costs.

1.4 Unrestricted Funds

Unrestricted funds are donations and other income received, or generated for the objects of the organisation without further specified purpose and are available for general funds.

1.5 Designated Funds

Designated funds are unrestricted funds earmarked by the Management Committee for particular purposes.

2. Debtors	2025	2025
Other Debtors	£	£
	<u>17,436</u>	<u>17,713</u>
 3. Creditors & Accruals	 2025	 2025
Accountancy Fee	£	£
	<u>700</u>	<u>750</u>

**THE ERNEST FOUNDATION
DETAILED INCOME AND EXPENDITURE
FOR THE YEAR ENDED 31 OCTOBER 2025**

INCOMING RESOURCES

	Unrestricted Fund £	Restricted Fund £	2025 Total £	2024 Total £
Dinnenterpri	0	6,000	6000	0
Southwark Council	0	11,000	11,000	16,153
HMRC	2170	0	2,170	0
Shared Intelligenc	0	3,500	3,500	0
The Peckham Settlement	0	0	0	2,000
Sports England	0	0	0	13,700
Community Southwark	250	0	250	3,200
United St Saviours	0	3,000	3,000	10,000
LB Highgate ltd	0	1,000	1,000	0
Sported Foundation	0	2,000	2000	0
VAT Reclaim	0	0	0	2,367
Donations	3,934	17,620	21,554	3,180
The Social Innovation	50	0	50	0
Total Incoming Resources	6,404	44,120	50,524	50,600

OUTGOING RESOURCES

			2025 Total £	2024 Total £
Charitable Expenditure				
Salaries/ HMRC	0	19,120	19,120	30,670
Sessional Worker	500	0	500	0
Peer Support Volunteer Expenses	0	7150	7,150	5,800
Administrative Expenses	2,310		2,310	550
Hall Hire	0	4,639	4,639	3,738
Publication/Publicity	900	0	900	0
Peer Support Meeting Expenses	4,070	0	4,070	3,100
Telephone/ Website	0	2,711	2,711	1,905
Postage & Stationery	495	0	495	445
CQC	0	0	0	1,600
Transport	1114	0	1,114	4,612
Subscription	35	0	35	35
Training	400	0	400	
Equipment	0	0	0	1,018
Payroll	0	0	0	173
Utility	2,888		2,888	1,204
Insurance	0	893	893	317
Professional fee	0	4,960	4,960	0
Accountancy Fees	700	0	0	750
Total Resources Expended	13,412	39,473	52,885	55,917

THE ERNEST FOUNDATION

England & Wales - Charity number 1116823

Accounts

THE ERNEST FOUNDATION
FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31ST OCTOBER 2024
Charity Registration Number: 1116823
Company Registration Number: 5976834

LONDON ACCOUNTANCY PRACTICE
SOJOURNER TRUTH COMMUNITY CENTRE
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**THE ERNEST FOUNDATION
YEAR ENDED 31ST OCTOBER 2024**

CONTENTS	Page
Administrative Information	3
Management Trustee's Report	3-8
Independent Examiner's Report	9
Statement of Financial Activities	10
Balance Sheet	11
Notes to the Financial Statements	12-13
Detailed Income and Expenditure	14

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ADMINISTRATIVE INFORMATION
AS AT 31ST OCTOBER 2024**

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GOVERNING DOCUMENT

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MANAGEMENT COMMITTEE

Mr Eric Appiah Nkrumah..... Chairman
Mr Anthony Fosu Mainooh..... Secretary
Mr Adomako..... Treasurer
Mr Baidoo..... Member
Ms Pauline Ansong..... Member
Mrs Benedicta Yanwube..... Member

PRINCIPAL ADDRESS

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45 Cardiff House
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INDEPENDENT EXAMINER

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**THE ERNEST FOUNDATION
MANAGEMENT COMMITTEE REPORT
YEAR ENDING 31ST OCTOBER 2024**

The Annual report of the foundation for the year ending 31st October 2024, which has been agreed by the Board

1.0 PRINCIPAL ACTIVITY

The principal activity of the charity is to help support and improve the quality of life of people living with and affected by HIV, Mental Health Wellbeing issues, and other related diseases among the Black Minority Ethnic (BME) community and others in England, Wales, and Ghana. The foundation also works with children and young people to help them focus on their education and stay off the street from gun crime and other antisocial activities. We also help to reduce poverty in deprived communities in Ghana and members in London.

2.0 MISSION AND VISION STATEMENT:

Our mission is to support and provide education, self-esteem, and empowerment activities for people living with HIV and Mental well-being health issues to enable them to live a normal happy life without fear of stigmatization. We also run educational programs on HIV with schools, Faith groups, and the public to help reduce the spread of HIV.

Our vision is to help create the following.

- A world where people are not in fear of HIV.
- A world where people are free from stigma, discrimination, and prejudice.
- A world where people will be free and willing to go for early HIV testing.
- A world where we educate ourselves to combat the spread of the disease.

3.0 AIMS AND OBJECTIVES:

Our aim is to carry out projects and activities that will bring relief and help improve the lives of people living with and affected by HIV and its related diseases among the Multinational communities and others in England. We also aimed at working with children and young people to help build their confidence, get them off the street, and focus on their education.

Our main objectives are:

- Advance and promote public education and research in the field of health and communicable diseases and help reduce its spread.
- Advocate for the provision of free needed medication for the BAME community and others living with HIV but cannot afford the cost of treatment.

- Provide home care support for such people who have undergone medical treatment or who otherwise require nursing care and regular specialist medical attention and to relieve poverty, distress, and sickness among such people and their families
- Provide counselling, support, and care for people living with HIV and related health problems/conditions.
- Organise HIV awareness seminars among the BME community and others in England and Wales on the prevention and spread of HIV.
- Support people living with HIV on issues that will promote their equal rights to treatment and living condition.
- Address stigma, prejudice, and taboo against people living with HIV and Mental Health
- Provide supplementary education services to young people among the Black Ethnic Minorities.
- Organise and run a support group for BME women and LGBT+

4.0 CHAIRMAN'S STATEMENT:

The Ernest Foundation Annual Report for the Year Ending 31st October 2024

Executive Summary

The Ernest Foundation continues to make significant strides in addressing health inequalities and improving the well-being of disadvantaged communities. Throughout the year, our focus has been on fostering resilience, enhancing mental and physical health, and strengthening trust between the BAME community in Southwark and healthcare providers.

Our key initiative, "**Health in Harmony**," successfully engaged over 100 service users, providing critical support to those struggling with mental health challenges. This year, we secured funding from **Southwark Council** to build our organisational capacity and conducted **36 gym sessions** in partnership with **Sport Works** and **12 workshops** to promote physical well-being, and increase confidence, self-esteem, and health well-being of our service users. Our projects were developed around three core themes:

- **Hearing and responding to community health priorities**
- **Improving community access to immunisation, screening, and wider health services**
- **Developing sustainable methods of building partnerships between communities and health services**

By addressing the health inequalities experienced by the BAME community in Southwark, our programmes helped combat isolation, loneliness, and lack of trust in the healthcare system. Through mental health awareness workshops, confidence-building activities, and collaborations with health professionals, we aimed to empower individuals and create lasting change.

Projects Undertaken

Health in Harmony

Our flagship project focused on building mental health capacity among service users through a combination of workshops, fitness sessions, and community engagement. Over **100 individuals** benefited from tailored interventions aimed at addressing the mental health crisis within the BAME community.

Key Achievements and Impact:

- Reduced isolation through group activities and peer support
- Encouraged behaviour change towards healthier lifestyles
- Developed self-esteem and confidence in participants
- Improved mental health and overall well-being
- Helped overcome stigma surrounding mental health
- Strengthened social bonds and friendships within the community
- Promoted healthier and longer life spans through active engagement
- Fostered greater trust between participants and health professionals

Our work was made possible through the generous support of our funders and partners, including:

- **Southwark Council**
- **Peckham Settlement**
- **Sport England**
- **Social Prescribers**
- **United St. Saviour**
- **Sport Works (partnership for gym sessions)**

Future Projects: Health in Harmony Expansion

Looking ahead, The Ernest Foundation plans to build upon the success of "**Health in Harmony**" with an expanded focus on individuals living with **HIV and mental health challenges**.

Objectives:

- Enhance **physical and mental well-being** through structured activities
- Provide **three weekly classes (3 hours each)** tailored to support participants
- Encourage regular **physical activity** to boost immune system health
- Create a **safe and supportive environment** to address mental health concerns
- Build **self-esteem and confidence** while fostering community connections
- Offer a range of **fitness, multi-sports, and mobility activities** designed around participant abilities
- Provide **nutritional and mental well-being talks** followed by refreshments


With these initiatives, we aim to **continue reducing isolation, enhancing community bonds, and improving the overall quality of life** for our service users.

Conclusion

The Ernest Foundation remains dedicated to tackling health inequalities, supporting mental well-being, and empowering our community. We express our deepest gratitude to our funders, partners, and volunteers for making our impact possible. As we move forward, we remain committed to delivering innovative, community-driven programmes that make a lasting difference.

We look forward to another year of growth, collaboration, and positive transformation within the communities we serve.

Signed

A handwritten signature in black ink, appearing to be 'Ernest Nkrumah', written over a horizontal line.

Ernest Nkrumah

Executive Director


**THE ERNEST FOUNDATION
MANAGEMENT COMMITTEE REPORT
YEAR ENDED 31st OCTOBER 2024**

STATEMENT OF MANAGEMENT COMMITTEE RESPONSIBILITIES

The Management Committee is required to prepare financial statements which give a true and fair view of the state of affairs of the project and of the income and expenditure of the project for that period. In preparing these financial statements, the management committee is required to:

- select suitable accounting policies and apply them consistently;
- make judgements and estimates that are reasonable and prudent;
- state whether applicable standards and statement of recommended practice have been followed, subject to any material departures disclosed and explained in the financial statements; and
- prepare the financial statements on a going concern basis unless it is inappropriate to presume that the project will continue in operation.

The Management Committee is responsible for keeping proper records that disclose at any time the financial position of the project. They are also responsible for safeguarding the assets of the organisation and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Secretary  Date 30/04/25

Anthony Fosu Mainooh

**THE ERNEST FOUNDATION
INDEPENDENT EXAMINER'S REPORT
YEAR ENDED 31st OCTOBER 2024**

I report on the accounts of the company for the year ended 31st October 2024, which are set out on pages 11 to 12

Respective responsibilities of trustees and examiner

The trustees (who are also the directors of the company for the purposes of company law) are responsible for the preparation of the accounts. 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:

- examine the accounts under section 145 of the 2011 Act;
- 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
- 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 accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, 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 accounts present a 'true and fair view' and the report is limited to those matters set out in the statement below.

Independent examiner's statement

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

(1) which gives me reasonable cause to believe that in any material respect the requirements:

- to keep accounting records in accordance with section 386 of the Companies Act 2006; and
- to prepare accounts that 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

(2) to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

.....
Ade Adebambo, MBA, ACMA, CGMA, ACG
London Accountancy Practice
161 Sumner Road
London SE15 6JL

Date..... 1/5/2025

**THE ERNEST FOUNDATION
STATEMENT OF FINANCIAL ACTIVITIES
YEAR ENDED 31 OCTOBER 2024**

INCOMING RESOURCES	Unrestricted Fund £	Restricted Fund £	Total 2024 £	Total 2023 £
Voluntary Income	12,367	35,053	47,420	53,058
Donations	3,180	0	3,180	0
Total Incoming Resources	15,547	35,053	50,600	53,058
Cost of generating Funds:				
Charitable activities	3,100	52,817	55,917	47,458
Total Charitable Activities	3,100	52,817	55,917	47,458
Net Incoming Resources	12,447	-17,764	-5,317	5,573
Balance Brought Forward	7,576	17,777	25,353	19,780
Balance Carried Forward	20,023	13	20,036	25,353

**THE ERNEST FOUNDATION
BALANCE SHEET
AS AT 31 OCTOBER 2024**

		2024		2023	
		£	£	£	£
FIXED ASSETS					
CURRENT ASSETS					
Debtors	2	17,713		17,713	
Bank and cash at hand		3,073		9,390	
		<u>20,786</u>		<u>27,103</u>	
CURRENT LIABILITIES					
Creditors & Accruals	3	750		1750	
			20,036		25,353
			<u>20,036</u>		<u>25,353</u>
REPRESENTED BY :					
FUNDS:					
Unrestricted			20,023		7,576
Restricted			13		17,777
			<u>20,036</u>		<u>25,353</u>

Approved by the Board of Directors on 30-04 2025

and signed on its behalf by

Sign  Director
Ernest Nkrumah

**THE ERNEST FOUNDATION
NOTES TO THE ACCOUNTS
YEAR ENDED 31ST OCTOBER 2024**

1. ACCOUNTING POLICIES

1.1 Basis of preparation of Financial Statements

The financial statements are prepared under the historic cost convention and include the results of the charity's operations which are described in the Management Committee's Report and all of which are continuing.

The accounts have been prepared in accordance with the Statements of Recommended Practice for charity accounts.

The charity has taken advantage of the exemption of Financial Reporting Standard No 1 from the requirements to produce a cash flow statement on the grounds that it qualifies as a small charity

1.2 Incoming Resources

1.2.1 Revenue grants are credited to the Statement of Financial Activities on the earlier date of when they are received or when they are receivable, unless they relate to a specific future period, in which case they are included on the Balance Sheet as deferred income to be recognised in the future accounting period.

1.2.2 Grants received for specific purposes are accounted for as restricted funds in the Statement of Financial Activities.

1.3 Restricted Funds

Restricted funds are to be used for specific purposes as laid down by the donor. Expenditure which meets these criteria is identified to the fund, together with a fair allocation of management and support costs.

1.4 Unrestricted Funds

Unrestricted funds are donations and other income received, or generated for the objects of the organisation without further specified purpose and are available for general funds.

1.5 Designated Funds

Designated funds are unrestricted funds earmarked by the Management Committee for particular purposes.

2.	Debtors	2024	2023
		£	£
	Other Debtors	<u>17,713</u>	<u>17,713</u>
3.	Creditors & Accruals	2024	2023
		£	£
	Accountancy Fee	<u>750</u>	<u>1,750</u>

**THE ERNEST FOUNDATION
DETAILED INCOME AND EXPENDITURE
FOR THE YEAR ENDED 31 OCTOBER 2024**

INCOMING RESOURCES	Unrestricted	Restricted	2024	2023
	Fund	Fund	Total	Total
	£	£	£	£
Award for London	0	0	0	9799
Southwark Council	0	16,153	16,153	16,583
Partnership Southwark	0	-	-	6,000
The Peckham Settlement	0	2,000	2,000	0
Sports England	0	13,700	13,700	0
Community Southwark	0	3,200	3,200	2,500
United St Saviours	10,000	0	10,000	0
London Communities	0	0	0	9,800
VAT Reclaim	2,367	0	2,367	5,850
Donations	3,180	0	3,180	0
Other Income	0	0	0	2,526
Total Incoming Resources	15,547	35,053	50,600	53,058
			2024	2023
OUTGOING RESOURCES			Total	Total
Charitable Expenditure			£	£
Salaries/ HMRC	0	30,670	30,670	9,801
Sessional Worker	0	0	0	2,899
Peer Support Volunteer Expenses	0	5,800	5,800	7,250
Administrative Expenses	0	550	550	800
Hall Hire	0	3,738	3,738	3,810
Publication/Publicity	0	0	0	2,490
Peer Support Meeting Expenses	3,100	0	3,100	8,750
Telephone	0	1,905	1,905	2,219
Postage & Stationery	0	445	445	650
CQC	0	1,600	1,600	0
Transport	0	4,612	4,612	1,550
Subscription	0	35	35	35
Equipment	0	1,018	1,018	999
Payroll	0	173	173	0
Utility	0	1,204	1,204	2,728
Insurance	0	317	317	1,978
Professional fee	0	0	0	876
Accountancy Fees	0	750	750	650
Total Resources Expended	3,100	52,817	55,917	47,485

THE ERNEST FOUNDATION

England & Wales - Charity number 1116823

Accounts

THE ERNEST FOUNDATION
FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31ST OCTOBER 2021

Charity Registration Number: 1116823

Company Registration Number: 5976834

LONDON ACCOUNTANCY PRACTICE
SOJOURNER TRUTH CENTRE
161 SUMNER ROAD
LONDON SE15 6JL

**THE ERNEST FOUNDATION
YEAR ENDED 31ST OCTOBER 2021**

	Page
CONTENTS	2
Administrative Information	3
Management Trustee's Report	4-8
Independent Examiner's Report	9
Statement of Financial Activities	10
Balance Sheet	11
Notes to the Financial Statements	12-13
Detailed Income and Expenditure	14

**THE ERNEST FOUNDATION
ADMINISTRATIVE INFORMATION
AS AT 31ST OCTOBER 2021**

REGISTRATION DETAILS

The Ernest Foundation is an incorporated organisation registered as a charity with Charity registration number 1116823; and Company Registration number 5976834.

GOVERNING DOCUMENT

The Ernest Foundation is governed by the Companies Act 2006, Charities Act 2011 and its' constitution.

MANAGEMENT COMMITTEE

Mr Emmanuel Asiedu.....Chairman
Mr Anthony Fosu Mainooh.. Secretary
Mr Adomako.....Treasurer
Mr Baidoo.....Member
Mr Bediako.....Member
Mrs AnimMember
Ms Pauline Ansong.....Member
Mrs Benedicta Yanwube.....Member

PRINCIPAL ADDRESS

The Ernest Foundation
45 Cardiff House
Peckham Park Road
London SE15 6TT

INDEPENDENT EXAMINER

London Accountancy Practice
Sojourner Truth Community Centre
161 Sumner Road
London SE15 6JL

BANKERS

Barclays Bank
Woolwich Branch
London

**THE ERNEST FOUNDATION
MANAGEMENT COMMITTEE REPORT
YEAR ENDING 31ST OCTOBER 2021**

The Annual report of the foundation for the year ending 31st October 2021, which has been agreed by the Board

1.0 PRINCIPAL ACTIVITY

The principal activity of the charity is to help support and improve the quality life of people living with and affected by HIV, Mental Health Wellbeing issue and other related diseases among the Black Minority Ethnic (BME) community and others in England, Wales, and Ghana. The foundation also works with children and young people to help them focus on their education and stay off the street from gun crime and other antisocial activities. We also help to reduce poverty in deprived communities in Ghana and members in London.

2.0 MISSION AND VISION STATEMENT:

Our mission is to support and provide education, self-esteem and empowerment activities for people living with HIV and Mental Wellbeing Health issues to enable them to live a normal happy life without fear of stigmatization. We also run educational program on HIV with schools, Faith groups and the public to help reduce the spread of HIV.

Our vision is to help create the following.

- A world where people are not in fear of HIV.
- A world where people are free from stigma, discrimination, and prejudice.
- A world where people will be free and willing to go for early HIV testing
- A world where we educate ourselves to combat the spread of the disease

3.0 AIMS AND OBJECTIVES:

Our aim is to carry out projects and activities that will bring relief and help improve the lives of people living with and affected by HIV and its related diseases among the Multinational communities and others in England. We also aimed at working with children and young people to help build their confidence, get them off the street and to focus on their education.

Our main objectives are:

- Advance and promote public education and research in the field of health and communicable diseases and help reduce its spread
- Advocate for the provision of free needed medication for BME community and others living with HIV but cannot afford the cost of treatment
- Provide a home care support for such people who have undergone medical treatment or who otherwise require nursing care and regular specialist medical attention and to relieve poverty, distress and sickness among such people and their families

- Provide counselling, support and care for people living with HIV and related health problems/conditions
- Organise HIV awareness seminars among the BME community and others in England and Wales on the prevention and spread of HIV
- Support people living with HIV on issues that will promote their equal rights to treatment and living condition
- Address stigma, prejudice and taboo against people living with HIV and Mental Health
- Provide supplementary education services to young people among the Black Ethnic Minorities.
- Organise and run a support group for BME women and LGBT+

4.0 CHAIRMAN'S STATEMENT:

I would like to congratulate the Executive Director and his team for their good work done in reaching out to those living with and affected by HIV and Mental Wellbeing Health issues during the COVID-19 pandemic. The year has been very difficult and challenging for the foundation and those it supports. But we have been able to sustain our activities and reaching out to our many service users. The foundation is one of the largest organisations (if not the only) in the London borough of Southwark providing peer-to-peer support for those living with HIV and this is great achievement. Thanks to the work of the foundation, peoples' lives have improved but there is still much more work to be done to help those living with the disease to stand out against stigma and willing to disclose their illness to families and friends in confidence.

There is now enough evidence that there is the need of the foundation in the community. All effort will be put in place to ensure the continuous implementation of our good work.

I would therefore like to express my sincere gratitude as well as those of my colleagues (fellow trustees) to our funders, without them we would not have been able to reach this far.

5) Funders for the year 2021

- Community Fund
- Merc Sharp & Dohm
- Cash Donations
- Locality (London Major's Office)
- Africa Advocacy Foundation
- Southwark Council
- Peckham Settlement
- Giving World (in kind donations)

6) ACTIVITIES CARRIED OUT

6a) REACHING OUT

Due to COVID-19 pandemic, we could not carry out much of our hall meetings. However, we were able to devise other means (ZOOM) of reaching out and helping members during the period of isolation and lockdown. Food and household essentials were provided to deprived members and their families. Although, with limited funds we were able to manage the little we had to meet some of the needs of our members. Our outreach program was much affected by the COVID-19.

6b) Partnerships

We worked in partnership with the following

- NAM
- AAF (Africa Advocacy Foundation)
- The Church of Pentecost
- Action Plus
- St Thomas hospital (Harrison Wing)
- Kings College hospital (Caldecot Centre)
- Food Chain
- Southwark Council
- Community Action Southwark
- Giving World

6c) Support group for those living with and affected by HIV and Mental Wellbeing Health issues.

- Telephone calls 24/7 and ZOOM meetings to discuss issues affecting members
- Provided one-on-one support service for people living with and affected by HIV
- Organised food and household essential provisions for people living with and affected by HIV
- One to one counselling services for people living with HIV through telephone calls
- Organised online Healthy eating and Wellbeing workshops for our service users
- Organised online Mental Wellbeing Health training for members

6d) Community Activities

- Concentrated our efforts in reaching and sustaining more people living with HIV and Mental Health Wellbeing
- Increased our capacity in running a peer-to-peer support for people living with HIV and Mental Health Wellbeing
- Donations to disadvantaged members of the public in our catchment area in London
- Donations to the deprived village of Korasi in Ejisu near Kumasi (Ghana)
- Donations to orphanages and churches in Ghana

With the help of support from National Lottery (Community Fund), Merc Sharp & Dohm, Southwark Council, Africa Advocacy Foundation, Peckham Settlement, and Giving World, we are enforcing our ability to reach out to over 1000 people living with HIV and Mental Health Wellbeing issues in London and Ghana. Our effort now will be concentrated on getting most of our service users survive the COVID-19 in terms of providing them with food and some household essentials. We will be rebuilding our capacity in running 'The Hope of Life' project is to assure those living with the Mental Health Wellbeing issues and HIV that it is not the end of their lives.

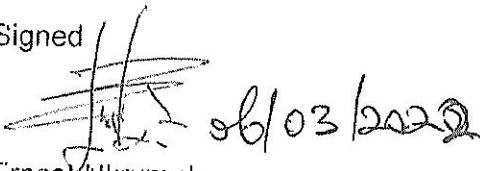
We intended to run a peer support group separately for children and young people. We are planning of writing more funding applications to finalise this project.

In the coming years we intend to work in partnership with a host of organisations working in the health-related field to reach a wider community to benefit the entire republic. We also intend to concentrate in the development of our overseas projects. Partnering with other local organisations including faith groups and the government of Ghana. We also intend to enter into a commercial farming to self-fund our projects both in UK and Ghana. Much effort too would be made to enhance the promotion of our peer support groups including LGBT+ group. We again propose to include employment skills training for our service users. This will benefit the public by reducing the unemployment rate among our clients so as to empower them to contribute to the development of the economy.

We are planning to work in partnership with the Network of People Living with HIV in Ghana. This is to educate and introduce the concept of peer support group and work with organisations to see how best we could extend our work to other communities.

Once again, we would like to express our sincere gratitude to our funders; National Lottery (Community Fund), Merc Sharp & Dohm, Africa Advocacy Foundation, Southwark Council, Peckham Settlement and Giving World and the Private Donor (not to be named) for their support which helps us to meet some of our objectives.

Signed



Ernest Nkrumah

Executive Director

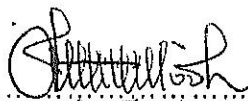
**THE ERNEST FOUNDATION
MANAGEMENT COMMITTEE REPORT
YEAR ENDED 31st OCTOBER 2021**

STATEMENT OF MANAGEMENT COMMITTEE RESPONSIBILITIES

The Management Committee are required to prepared financial statements which give a true and fair view of the situation of the project and of the income and expenditure of the project for that period. In preparing these financial statements, the management committee are required to:

- select suitable accounting policies and apply them consistently.
- make judgements and estimates that are reasonable and prudent.
- state whether applicable standards and statement of recommended practice have been followed, subject to any material departures disclosed and explained in the financial statements; and
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the project will continue in operation.

The Management Committee are responsible for keeping proper records which disclose at any time the financial position of the project. They are also responsible for safeguarding the assets of the organisation and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Secretary  Date, 06/03/22

Anthony Fosú Mainooh

**THE ERNEST FOUNDATION
INDEPENDENT EXAMINER'S REPORT
YEAR ENDED 31st OCTOBER 2021**

I report on the accounts of the company for the year ended 31st October 2021, which are set out on pages 11 to 12

Respective responsibilities of trustees and examiner

The trustees (who are also the directors of the company for the purposes of company law) are responsible for the preparation of the accounts. 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:

- examine the accounts under section 145 of the 2011 Act;
- 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
- 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 accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts 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 accounts present a 'true and fair view' and the report is limited to those matters set out in the statement below.

Independent examiner's statement

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

(1) which gives me reasonable cause to believe that in any material respect the requirements:

- to keep accounting records in accordance with section 386 of the Companies Act 2006; and
- to prepare accounts 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

(2) to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

.....*Ade Adebambo*.....
Ade Adebambo, MBA, ACMA, CGMA, ACG
London Accountancy Practice
161 Sumner Road
London SE15 6JL

Date.....*10th March 2022*.....

**THE ERNEST FOUNDATION
STATEMENT OF FINANCIAL ACTIVITIES
YEAR ENDED 31 OCTOBER 2021**

INCOMING RESOURCES	Unrestricted Fund £	Restricted Fund £	Total 2021 £	Total 2020 £
Voluntary Income	10,015	38,860	48,875	9,950
Donations	1,943	0	1,943	1,000
Total Incoming Resources	11,958	38,860	50,818	10,950
Cost of generating Funds:				
Charitable activities	11,637	34,508	46,145	3,630
Total Charitable Activities	11,637	34,508	46,145	3,630
Net Incoming Resoueces	321	4,352	4,673	7,320
Balance Brought Forward	8,380	6,449	14,829	7,509
Balance Carried Forward	8,701	10,801	19,502	14,829

**THE ERNEST FOUNDATION
BALANCE SHEET
AS AT 31 OCTOBER 2021**

FIXED ASSETS		2021		2020	
	£	£	£	£	£
Tangible Asset		0		0	
CURRENT ASSETS					
Debtors	2	12,995		5,975	
Bank and cash at hand		<u>7,057</u>		<u>9,704</u>	
		20,052		15,679	
CURRENT LIABILITIES					
Creditors & Accrue	3	<u>550</u>		<u>850</u>	
			19,502		14,829
		<u>19,502</u>		<u>14,829</u>	
REPRESENTED BY :					
FUNDS:					
Unrestricted			8,701		6,449
Restricted			<u>10,801</u>		<u>8,380</u>
			<u>19,502</u>		<u>14,829</u>

The directors who are also trustees consider that for the period ended 31st October 2021; the company was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.

Directors' responsibilities:

- The members have not required the company to obtain the audit of its accounts for the year in question in accordance with section 476,
- The directors acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of accounts,
- These accounts have been prepared in accordance with the provisions applicable to companies subject to small companies' regime.

The financial statements on pages 10-11 were approved by the board of directors on

..... and signed on its behalf by

Sign.....  Director
Anthony Fosu Mainooh

**THE ERNEST FOUNDATION
NOTES TO THE ACCOUNTS
YEAR ENDED 31ST OCTOBER 2021**

1. ACCOUNTING POLICIES

1.1 Basis of preparation of Financial Statements

The financial statements are prepared under the historic cost convention and include the results of the charity's operations which are described in the Management Committee's Report and all of which are continuing.

The accounts have been prepared in accordance with the Statements of Recommended Practice for charity accounts.

The charity has taken advantage of the exemption of Financial Reporting Standard No 1 from the requirements to produce a cash flow statement on the grounds that it qualifies as a small charity

1.2 Incoming Resources

1.2.1 Revenue grants are credited to the Statement of Financial Activities on the earlier date of when they are received or when they are receivable, unless they relate to a specific future period, in which case they are included on the Balance Sheet as deferred income to be recognised in the future accounting period.

1.2.2 Grants received for specific purposes are accounted for as restricted funds in the Statement of Financial Activities.

1.3 Restricted Funds

Restricted funds are to be used for specific purposes as laid down by the donor. Expenditure which meets these criteria is identified to the fund, together with a fair allocation of management and support costs.

1.4 Unrestricted Funds

Unrestricted funds are donations and other income received or generated for the objects of the organisation without further specified purpose and are available for general funds.

1.5 Designated Funds

Designated funds are unrestricted funds earmarked by the Management Committee for particular purposes.

2.	Debtors	2021	2020
		£	£
	Other Debtors	<u>12,995</u>	<u>5975</u>
3.	Creditors & Accruals	2021	2020
		£	£
	Accountancy Fee	<u>550</u>	<u>850</u>

THE ERNEST FOUNDATION					
DETAILED INCOME AND EXPENDITURE					
FOR THE YEAR ENDED 31 OCTOBER 2021					
INCOMING RESOURCES	Unrestricted	Restricted	2021	2020	
	Fund	Fund	Total	Total	
	£	£	£	£	
Award for London	0	9,900	9,900	0	
Southwark Council	0	3,320	3,320	0	
Locality	0	14,040	14,040	0	
Africa Advocacy Foundation	0	5,400	5,400	0	
Merc Sharp & Dohm	0	5,000	5,000	0	
London Catalyst	0	0	0	1,000	
Peckham Settlement	0	1,200	1,200	0	
National Lottery (Community Fund)	0	0	0	9,950	
VAT Reclaim	10,015	0	10,015	0	
Donations	1,943	0	1,943	0	
Total Incoming Resources	11,958	38,860	50,818	10,950	
OUTGOING RESOURCES	Unrestricted	Restricted	2021	2020	
	Fund	Fund	Total	Total	
	£	£	£	£	
Charitable Expenditure					
Salaries/ HMRC	0	7,473	7,473	1,609	
Peer Support Volunteer Expenses	0	9,650	9,650	240	
Administrative Expenses	0	5,500	5,500	35	
Hall Hire	300	0	300	0	
Publication/Publicity	1,300	0	1,300	0	
Peer Support Meeting Expenses	0	7,385	7,385	0	
Telephone	2,400	0	2,400	1,396	
Postage & Stationery	2,200	0	2,200	0	
Transport/Fuel	0	4,500	4,500	0	
Accountancy Fees	550	0	550	350	
Utility	4,127	0	4,127	0	
Insurance	760	0	760	0	
Total Resources Expended	11,637	34,508	46,145	3,630	