

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
161 SUMNER ROAD
LONDON SE15 6JL

**THE ERNEST FOUNDATION
YEAR ENDED 31ST OCTOBER 2024**

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**THE ERNEST FOUNDATION
ADMINISTRATIVE INFORMATION
AS AT 31ST OCTOBER 2024**

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 Adomako.....Treasurer Mr Baidoo.....Member 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 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 series of horizontal lines.

Ernest Nkrumah

Executive Director

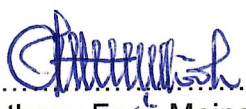
**THE ERNEST FOUNDATION
MANAGEMENT COMMITTEE REPORT
YEAR ENDED 31st OCTOBER 2024**

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.

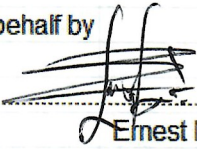

Ade Adebambo, MBA, ACMA, CGMA, ACG
London Accountancy Practice
161 Sumner Road
London SE15 6JL

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

FIXED ASSETS		2024		2023	
		£	£	£	£
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	<u>750</u>		<u>1750</u>	
			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