

The Isiqalo Foundation
Annual Report for the year ended 28th February, 2022

Charity name: The Isiqalo Foundation

Charity registration number: 1142355

Company registration number: 07533342

Registered office: The Grange,
Mill Street,
Islip,
OX5 2SY

Trustees and directors

Roger Boning (Chair)
Timothy Vaines (Treasurer)
Simon John
Daniel Gill
Ann Conibear
Charles Seaward
Tim Conibear
Adekanmi Lawson

Secretary

Ann Conibear

Independent Examiner

Alison Parker ACA

7, Church Road
Chadlington
Chipping Norton
OX7 3LY

Bankers

NatWest,
1, Manorfield Road,
Bicester,
OX26 6EH

Directors' Report, incorporating the Trustees' Annual Report, for the year ended 28 February 2022

The Trustees, who are also directors of the charity for the purposes of the Companies Act 2006, present their report and financial statements for the year ended 28 February 2022.

Aims and Objectives

This Isiqalo Foundation is a grant giving charity registered as a company limited by guarantee. The charity was first established in 2011 to support and develop programmes for the benefit of disadvantaged children and young adults in the Western Cape of South Africa.

Initially we delivered our objective through funding Isiqalo SA to deliver its Waves for Change (W4C) programme. The success of the programme created the confidence that its benefits could be brought to bear in other countries so the trustees resolved to broaden the objectives of this charity. The objectives now are to promote any charitable purpose for the advancement of education, the relief of poverty, sickness or distress and the preservation and protection of health, primarily through the use of surf therapy and related mentor training courses. This was approved by the Charities Commission in May 2017.

Activities and Performance

There were no fundraising events in the year because of the restrictions imposed by Covid. Regular giving from a number of individual donors was maintained almost the same level as previous year. We continued to receive strong support from two major donors: the Rowse Family Trust, whose donations have been given to maintain the level of the existing activities of Waves for Change in South Africa and to encourage its expansion elsewhere and Capital One who have provided funding for the surf therapy programme in SA. See the **Review of Financial Statements** for more detail of these and other donors.

Our main focus is on fundraising activities (albeit curtailed by Covid-19 restrictions in this year) and the securing of donations to provide funds in support of the aims and objectives set out above. We fulfil those objectives by providing funds to the South African registered NPO (Not for Profit Organisation) Isiqalo/Waves for Change which is a separate entity. Its history and activities are described in the following section. We are also supporting new initiatives in other countries, in a programme which has now taken root in Liberia and in the provision of training and support materials for new programmes in several other countries.

The focus of the work funded by our expenditure

The Isiqalo Foundation (SA): background and history

For all the improvements that have come about in post-Apartheid South Africa, the overcrowding and the deprivation in the townships which exist in the Western Cape have created the most severe social problems. The statistics for under-18's in South Africa's townships are a chilling reminder of this: nearly a half of them have witnessed a killing and more than half have been victims of violence and most display signs of post-traumatic stress.

The Isiqalo Foundation was first set up in 2009 by Tim Conibear as a CBO (Community Based Organisation) in the Western Cape. Initially the thrust of the organisation was to develop and then work through informal sporting structures in the local township for the benefit of children and young adults, specifically to address the endemic issues of HIV prevalence, substance abuse, and gender related violence.

In 2011, following two years of voluntary work within the community, the growing numbers of participants and the successful development of local coaches necessitated a more formal structure. The popularity of a surfing programme had also prompted the research and development of a formal HIV/Aids and life skills curriculum.

In February 2011 Isiqalo completed registration as an NPO (Not for Profit Organisation) governed by a board of trustees with an executive team overseeing day-to-day operations of the programmes. The "Waves for Change" (W4C) surf programme was then launched in its own right. A core of coaches was recruited and trained through an early partnership with Laureus Sport for Good Foundation.

At first the programme was funded by donations and support from individuals and corporations in the Western Cape and from funds raised by The Isiqalo Foundation in the UK. Surf is the essential ingredient of the programme, initially as the hook and then as the framework for participation. There is a comprehensive introduction to surfing whilst focussing on key social and health issues such as HIV prevention and awareness, alcohol and drug abuse, teenage pregnancy, and crime and gang culture. Free meals are offered to all participants at the end of sessions, very often their only hot meal of the day.

A further vital stage in the programme has been to gear up to motivate and nurture talented individuals and to develop their skills so as to allow them to become peer coaches themselves for these are the individuals who are to be trusted and relied upon by the youngsters who enter the programme.

An independent monitoring and evaluation programme was conducted by the University of Cape Town (UCT) in 2015 and this identified significant benefits for W4C

participants. The community coaches had earned multiple external certifications in such areas as lifeguarding, youth care, first aid, and swimming/surf instruction. In turn these coaches received extremely positive feedback and responses from participants. There was a strong (70%) degree of retention of youths within the programme. Interviews with schools and parents revealed that the impact of W4C was making for much improved behaviour and attachment to school, decreased traumatic events, and better prospects.

Third party evaluation of the programme proved to be of great value to the programme, containing as it did both positive feedback and several recommendations for improvement.

The regular attendance numbers are now close to 2000 in the five Western and Eastern Cape sites. The management structure of the SA operations has been strengthened and has bedded in well, establishing confidence in the quality and effectiveness of the local management team. This has also increased the number of young people being referred to Isiqalo programmes by stakeholders in provincial departments for health, social development and education.

Several of the charity's major donors have identified the potential for extension of surf therapy to other parts of the world where similar needs and conditions exist. In 2018/19 a pilot was established in Liberia. A small local management team was recruited and equipped with starter packs and manuals, plus essentials such as surfboards and wetsuits. The team received training in Cape Town. After twelve months the programme became well established in its main beach centre in Harper and has expanded. During 2018/19 the decision was taken to start the building of a clubhouse to help with the further growth and consolidation of the programme there and this was completed in 2019/20.

Following on from the establishment of the Liberian programme Tim Conibear embarked on further initiatives (under the banner of the Wave Alliance) to seed eleven more sites in the same fashion. By the end of the financial year there was confidence that almost all of these were showing promise.

Previous reports have referred to the application which has been developed as a key component in the effective management and reporting of the surf therapy programme, now extending beyond SA to Liberia and the other locations. More recently the application (known as Teampact) has generated considerable interest from other NGOs and funding bodies for its ability to live-track community projects more widely. During the forthcoming period this potential will be explored.

The trustees satisfy themselves as to the effective use of the funds provided to Isiqalo SA through a range of means including activity reports from Isiqalo SA, assessment of the integrity of the governance of Isiqalo SA and occasional self-funded trustee visits to review activities in South Africa. The more recent addition of

Tim Conibear to the UK trustee board has had the benefit of much more direct contact and communication.

The COVID-19 pandemic inevitably had a material impact on activities. The team in SA were unable to run its in-person programmes for almost all of the 20/21 year. They adapted to ensure that the physical and mental well-being of beneficiaries were met. Funds for running the regular programmes were applied to the purchase of food – c.2,500 parcels which were delivered to all of the beneficiaries and their families during the early phase of the pandemic lockdowns. Online support groups provided weekly contact and activities for participants and their families to engage with at home. The Isiqalo mentors were themselves provided with regular debriefings by a psychologist plus access to their own mentoring scheme throughout the year. The mentors were provided with the necessary IT devices (tablets) to enable this remote contact. By the beginning of 2021 it proved possible to reopen the regular surf therapy programmes on the beaches and this has continued in the most recent financial year.

The charity has also provided further training and support for the growing international network of community-based organisations (CBOs), the initiative called the Wave Alliance which has been described earlier. Training is provided for CBOs looking to design, implement and evaluate their own community-based mental health interventions using surfing as the base. Two weeks of in-house training enables the partners to design their own programmes to suit individual needs and circumstances. The Isiqalo team provides ongoing mentoring and support as well as funding for basic start-up equipment (boards and wetsuits). There are now twenty sites reaching more than 4,000 children in SA, Somalia, Ghana, Mozambique, Trinidad, Argentina, Peru, Sierra Leone, and Costa Rica.

Review of Financial Statements

As noted above there was no fundraising activity in the year which is reflected in no income from that source. Income from monthly donations was down slightly at £2,640 (last year £2,890). This form of giving is extremely valuable to us in providing predictable income for the charity and we thank our donors for their loyalty to the cause.

One-off donations were down on the record level of the previous year at £86,884 (£115,141). We would like to acknowledge and record our gratitude for the invaluable support which we received from several organisations and individuals. This year they were the Rowse Family Trust, Capital Bank, The Dragon School Sale, and Mama Wati plus a number of others. In most instances we have been enjoying the support of these donors over a number of years. They have seen the programme consolidated in its origins in the Western Cape and extended to new sites where there is need and the same benefits can be realised.

Gift Aid receivable on qualifying donations for the year was not collected but will appear in next year's accounts.

In total £90,036 was raised in the year (£120,369 last year) and this included interest income of £511 (£1,732). There were no costs of fundraising (previous year £429) so after minor administrative costs of £428 (£437), net receipts from our donations amounted to £89,607 (£119,502).

There were transfers to support the regular and ongoing activities of the charity amounting to a total of £128,677 (£161,278) along with an amount of £1,300 (£8,545) which was applied to an internship covering the living expenses of a volunteer working in SA. This left a negative balance of payments/grants over receipts for the year of £40,370 (compared with a surplus of £50,321 in the previous year). This was expected, as explained below.

By the end of 2019/20 financial year the reserves of the charity had built up to £208,625. In the annual report for that year the Trustees noted the much increased scale of the recipient charity's activities in South Africa, the new commitments for funding in Liberia, and the potential for funding requirements of the new initiatives planned in other countries. Given those commitments with likely requests for funding plus the need to allow for some uncertainties in the future flow of donations both in the UK and South Africa, the Trustees were comfortable with the level of these reserves. Trustees had also become mindful that the uncertainty caused by the Covid-19 crisis had significant implications for the required levels of funding in 2020/21 and these were subsequently agreed during the year as being justifiable and appropriate and remittances were made.

In the event the level of reserves has reduced quite substantially over the past two years as distributions have exceeded incomings. The latest position (£117,934) is reckoned to provide a reasonable balance.

Our investment policy is to keep funds readily available in cash to fulfil the expected levels of grants, with any excess cash reserves being invested conservatively in fixed deposit. As at the year-end £101,651 (£101,651) was invested in a term deposit savings account. The cash balance of £15,747 (£56,117) was held in a current account.

Responsibilities of the trustees

We are responsible for keeping proper accounting records which disclose the financial position of the charity and enable us to ensure that the financial statements comply with the Companies Act 2006. We are also responsible for safeguarding the assets of the charity.

As required by company law, the trustees have prepared the financial statements on pages 9 to 10 and selected suitable accounting policies as set out on page 11.

Trustees/Directors

Under the Articles of Association, one third of the directors must retire by rotation at each Annual General Meeting (AGM). At the 2021 AGM Tim Vaines, Tim Conibear, and Simon John retired and were duly re-elected. It has been agreed that Roger Boning, Charles Seaward, and Adekanmi Lawson will retire at the 2022 AGM and will be proposed for re-election and Ann Conibear and Danny Gill at the 2023 AGM. The trustees/directors of Isiqalo are also members. There were two trustee/director meetings held during the year plus the AGM with one trustee (Tim Vaines) unable to attend on two occasions and one trustee (Simon John) on one occasion.

Small Company provisions:

This report has been prepared in accordance with the special provisions for small companies under Part 15 of the Companies Act 2006.

Exemptions

The trustees have taken advantage of the exemptions available to small companies, including the audit exemption.

Trustees' Expenses

The trustees received no expenses, remuneration or benefits in this period.

Signed:

Date:

Roger Boning, Chair of Trustees and Director

30 June 2022

Independent Examiner's report to the trustees of The Isiqalo Foundation for the year ended 28th February, 2022

I report on the accounts of the charity, which are set out on pages 9 to 11.

Respective responsibilities of trustees and examiner

The trustees (who are 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 and that an independent examination is needed, with which I concur. It is my responsibility to:

- Examine the accounts under section 145 of the 2011 Act;
- Follow the procedures laid down in the general directions given by the Charity Commissioners under section 145(5)(b) of the 2011 Act
- 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. This is not a full audit and consequently no opinion is given as to whether the accounts give 'a true and fair' view. I have examined the accounting records, ensured the accounts reflect those records seeking explanations of all material items from the trustees.

Independent examiner's statement

In connection with my examination, no matter has come to my attention 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 and comply with the accounting requirements of section 396 of the Companies Act 2006 and with the methods and principles of FRS102, have not been met, or to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

Signed:

Date:

Alison Parker, Independent Examiner

28 June 2022

The Isiqalo Foundation
Statement of Financial Activities (including Income & Expenditure Account)
For the year ended 28th February, 2022

Categories by Activity	Notes	Unrestricted / Total Funds 2022 £	Unrestricted / Total Funds 2021 £
Incoming Resources			
Incoming resources from generated Funds			
Voluntary income – donations	2	89,524	118,570
Activities for generating funds – fundraising events		0	67
Investment income		511	1732
Incoming resources from charitable activities		<u>90,035</u>	<u>120,369</u>
Other incoming resources – foreign exchange commission		0	0
Total Incoming Resources		<u>90,035</u>	<u>120,369</u>
Resources Expended			
Cost of generating funds			
Costs of generating voluntary income		0	0
Fundraising activity costs		0	429
Investment management costs		0	0
Charitable Activities	3	129,977	169,823
Governance costs		338	323
Other resources expended		90	114
Total resources expended		<u>130,405</u>	<u>170,689</u>
Net movement in funds		<u>(40,370)</u>	<u>(50,320)</u>
Total funds brought forward		158,305	208,625
Total funds carried forward		<u>117,935</u>	<u>158,305</u>

The Isiqalo Foundation
Balance Sheet
As at 28th February, 2022

	Notes	2022 £	2021 £
Fixed Assets		0	0
Current Assets			
Debtors – Gift Aid		536	536
Cash at bank and in hand		117,398	157,768
Current Liabilities			
Creditors – amounts falling due in one year		0	0
Net Current Assets		<u>117,934</u>	<u>158,304</u>
Net Assets		<u>117,934</u>	<u>158,304</u>
Unrestricted General Funds		117,934	158,304
Total Funds		<u>117,934</u>	<u>158,304</u>

For the year ended 28th February, 2022 the company was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.

The trustees declare that they have approved the accounts above.

Signed on behalf of the charity's trustees:

Signed:

Date:

Roger Boning, Chair of Trustees and Director

30 June 2022

Notes forming part of the financial statements for the year ended 28th February, 2022

1. Accounting Policies

The principal accounting policies are summarised below. The accounting policies have been applied consistently throughout the year and in the preceding year.

(a) Basis of accounting

The financial statements have been prepared under the historical cost convention in accordance with the Companies Act 2006, the small companies' requirements within FRS102 and, where appropriate, the Charities Act 2011.

(b) Fund accounting

All funds are unrestricted, general funds.

(c) Incoming resources

All incoming resources are included in the statement of financial activities when the charity is entitled to, and virtually certain to receive, the income and the amount can be quantified with reasonable accuracy.

(d) Resources expended

Expenditure is recognised on an accruals basis as a liability is incurred

(e) Other assets and liabilities

All assets are cash, and if and when relevant, receivables as per the accruals and prepayments concept.

Creditors, if any, are accrued expenditure.

Policies have not been set out for other assets and liabilities which are not anticipated to occur in the foreseeable future.

2. Donations

Donations receivable are as follows:	2022 £	2021 £
Monthly donations	2,640	2,890
One-off donations	86,884	115,141
Gift Aid	0	539
Total	89,524	118,570

3. Charitable Activities

Charitable activities represent payments to or on behalf of Isiqalo / Waves for Change to fund this NPO's work in South Africa and payments to fund the Waves for Change programmes in Liberia and Sierra Leone.

