

# **Rise Community Action Limited**

## **Annual Report and Annual Accounts**

**1<sup>st</sup> December 2022 – 30<sup>th</sup> November 2023**

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## **LEGAL INFORMATION**

**Company No:** 5617122

**Charity Number:** 1147332

**Legal Status:** Limited by Guarantee and a Registered Charity

**Address:** Halkevi Community Centre  
31-33 Dalston Lane  
London E8 3DF

**Broad of Directors/ Trustees:**

David Kakande  
Lukiya Kakembo  
Amina Nalubega Ssendegeya

**Principle Staff:** Janet Murungi – Coordinator (volunteer)

**Banker:** Barclays Bank  
Moorgate Branch  
128 Moorgate,  
London, EC2M 6SX

## **Trustees' Report**

Rise Community Action (RCA) was developed to provide a voice for people living with HIV/AIDS and to create a bridge between service providers and service users who we found were not accessing available services. RCA's work is directed at improving the quality of life for individuals who are socially excluded for a myriad of reasons.

The Board of Trustees of Rise Community Action Limited (RISE) ("the Charity") present their annual report for the year ended 30<sup>th</sup> November 2022 under the Companies Act 1985 and the Charities Act 1993, together with the independently examined financial statements for that year.

### **Administrative Details**

Rise Community Action is a registered company limited by guarantee (Company No: 5617122) and Charity No: 1147332, with its registered office is as shown on page 1.

### **Governance and Management**

The Charity is governed by its Memorandum and Articles of Association which were adopted on 9th May 2005. The Board of Trustees is responsible for the overall governance of the Charity. Trustees are either elected or co-opted and the total number of Trustees may not be fewer than three and cannot exceed seven. A co-opted member may retain office only until the next Annual General Meeting (AGM) and shall then be eligible for re-election. Effective partnership between Trustees and staff continues to contribute significantly to our success.

### **Objects and Principal Activities**

The Charity's object is for the advancement of education, the relief of poverty and sickness, and the preservation and protection of good health of women and their families, especially persons from BME, Refugee and Asylum seekers communities, and any other person who need assistance. (a) The provision or assistance in the provision of facilities in the interest of social welfare.

**Our vision** is a world where everyone is given the best possible opportunities in life and where a medical condition is not a barrier to an individual ability to grasp opportunities and achieve personal fulfilment.

**Our strategic aim** is to achieve this by providing high quality services that is intended to have a practical and positive effect on the lives of those affected with HIV and their families.

### **Our Aims**

- To improve the quality of lives of individuals affected by HIV, FGM or Domestic Violence.
- To create awareness on issues surrounding HIV/AIDS and reduce HIV - related stigma in the community
- To reduce isolation suffered by HIV positive people and promote their social inclusion.
- To better inform service providers on the needs of people living with HIV thus improve the quality of care
- To empower our users to make informed choices on access to services and their lives in general.

Rise Community Action (RCA) was developed to provide a voice for people living with HIV/AIDS and to create a bridge between service providers and service users who we found were not accessing available services. Our first project provided care and support for individuals living with HIV. RCA services have been extended over the past decade to include providing, support services and activities for individuals affected by Domestic Violence and FGM advocacy and empowerment sessions and sexual health promotion activities.

### **What We Do**

RCA activities have been laser focused, on tackling Domestic Violence and Female Genital Mutilation (FGM). We are supporting an increasing number of victims of Domestic Violence and survivors of FGM. We are tasked with raising awareness of the effects of Domestic Violence and FGM in the wider community.

Established to provide information, care and support for women living with HIV/AIDS in London, RCA has been unfaltering in raising awareness on issues

surrounding HIV/AIDS by running workshops, delivering presentations and staging community events and educating the community about the spread of HIV. RCA has been responsive to the needs of the community and its activities have been targeted at reducing the damage HIV/AIDS have been doing to its community.

### **Financial Support**

RCA has been reliant on volunteers, chief among the volunteer have been its volunteer coordinator who continues to perform beyond all expectations and continues to work to ensure we can extend our activities across London by establishing strategic partnership with organisations that seek to impact on similar areas of need.

The management believes it is important that RCA continues to employ paid staff to better address the level of need present in our delivery area. If RCA fails to grow to a point where its infrastructure is not robust enough we are conscious that RCA will have to take radical action to ensure that it never have to turn beneficiaries away.

### **Funders**

Life on the edge is very scary and as a direct effect small organisations are being increasingly marginalised, impacting negatively on their operation leaving an alarming number of people without a support network and in a city as soulless as London the consequences are very visible.

RCA continues to work in partnership with a number of local agencies and charities to ensure that our client group is serviced, these relationships have been central to delivering our projects.

We have continued to perform an unusual role as the administrator of CAN's (Community African Network) Bowel cancer project and Cervical Screening project. A project funded by City & Hackney CCG which meant that this year £14,167 was received on behalf of CAN. As the receiving organisation this was then paid to CAN in our accounts this figure is represent as part of the organisation's total unrestricted income and is represent in the spending under the section, activities in the furtherance of the Charity's objects.

## **Management and Administration**

The resources expended on administration totalled £2,450 during the year. This represents 5.08% of the total resources received a level of expenditure that the Trustees consider to be appropriate for the charity. These figure means that we are keeping a firm grip on our administration and management costs and this continues to allow us to direct a much greater percentage of our resources to assisting our beneficiaries.

## **Material Intangible Incoming Resources**

A number of professionals gave their time as volunteers. As there is no financial cost to any third party, this intangible income has not been included in the Statement of Financial Activities but we put a value on it in excess of £25,000 annually.

## **Activities**

This report communicate the value of RCA, and it will, we hope strike a chord and inspire you and others to join us in trying to make difference in the lives of those most in need.

RCA is driven by the ambition to bring comfort to those affected by Domestic Violence and FGM. We are happy that we have witnessed real changes in the lives of many victims. RCA continue to work in partnership with local charities as we try to maximise the reach of RCA in the face of ever decreasing resources a situation which was very evident as we existed in the middle of a pandemic which claim nearly one hundred thousand lives.

Quick-thinking and adaptability has made RCA a critical force over the past three years. RCA ability to respond to extraordinary crises should not be underestimated or ignored for it is clear that this charity is more responsive than many had imagined having tested in an unusual manner.

We continue to try and foster constructive relationships with statutory organisations. When the local authority resources overstretched RCA continues to step to the plate, and our collaboration is becoming one of the great positives in these times.

Post-Covid, RCA clearly requires a seat at the table, a commitment of support from the public sector is more important than ever. We are conscious that RCA is

in danger of being driven out of operation as it is the larger charities who attracts 90 plus percentage of the available funding and micro charities of RCA who deliver over 90% of the activities in the sector at a local level, is seen as a mere after thought. Corporate England does not see us.

## **Projects**

### **Msaada Volunteer Support**

The Project was funded to improve the skills and confidence of volunteers so they are better able to organise and deliver health awareness sessions to local communities in the London borough of Hackney. Training and volunteer skills are the two main component of this project Participants have gained better skills and improved confidence to continue doing better their volunteer role, while serving the community in Hackney.

### **Condom Distribution project**

Administered by Community African Network, the project distributes free condoms and information to targeted communities in Hackney with the aim of reducing incidences of HIV and other sexually transmitted illnesses. The activity mainly happens at places where Africans congregate.

### **Positive East: "Harambe" Prevent Project**

The Project raised awareness of PreP and promoted HIV &STI testing alongside the condom distribution project.

### **Ubuntu Health and Wellbeing Project**

Ubuntu Health and Wellbeing supported 50 women who have experienced FGM, Domestic Violence and/or are living with HIV to improve their physical, emotional health and wellbeing through massage, dance sessions and support groups.

The funding has enabled Rise to Provide Massages, support groups and Zumba session while working in partnership with the Hoxton Health to provide free massages sessions to women.

The **Zumba classes** have helped participants to exercise and improve fitness thus improving their physical wellbeing.

The **support groups** have been very beneficial to our service users as they created a space for them to share their feelings and learn from each other about developing coping mechanisms, reduced isolation and build confidence among participants

### **Massage**

Our service users have told us for years that massage is a treatment that they are generally unable to access - some have a lot of shame about their bodies, some do not wish to disclose their HIV status, or when they do, find that practitioners refuse to treat

them, or wear gloves. Our service users were happy to have this now available, and have fed back some of the benefits.

### **Some typical feedback**

*"Had lots of backpain due to nerve damage caused by Herpes & Long Covid. After first massage felt more connected to body & more balanced with walking. Can definitely feel the improvement after 3 treatments but I am feeling anxious with my free available treatment coming to an end".*

*"I have been very stressed and often struggle to sleep. After the massage, I felt so relaxed after the treatment I wished there was a bed in the massage room. When I got home I had the best sleep I have had in years."*

*"The massage was wonderful! It really helped with my knots and the uncomfortable tightness I felt all over my body."*

*"I normally have lots of pain all over but the treatment has reduced the pain and I am definitely sleeping much better."*

### **Serlin Family Foundation**

This project addresses the challenges of cost of living while tackling food and hygiene poverty for women affected by Domestic abuse, FGM or HIV and their families. We have been able to support the most vulnerable and those suffering the scourge of poverty due to the cost of living crisis. Our service users have benefited:

- Receiving free food vouchers,
- support with utility bills
- school uniforms for their children
- shared hot meal in a safe environment

### **African Health Policy Network - Safe hands**

Helped to address the cost-of-living crisis. It was used to pay for

A- Utility bills for some of our service users

B – White goods -Washing Machine replacement as original one has broken down and freezers

The safer hand project came about to continue supporting individuals that are high hit by the cost-of-living crisis. Safe hands supported the most vulnerable members of our charity the 50+ and living with disabilities

### **Sign posting Project**

One of the key roles of a community base charity is for those with knowledge to share it with those that do not, this how grass roots engagement develops.



Within RCA this sharing of information is done through our drop-in service once a week on a set day at a permanently accessible venue with a dedicated volunteer who provide information and signpost clients. This service is free, friendly, confidential and independent and is delivered through, 1 to 1 meetings, telephone or email contacts, we provide information to clients about where to get help in relation to health, social care or personal wellbeing. Issues identified beyond our scope are referred to appropriate advice agencies. We communicate with individual clients in languages that they are comfortable in communicating in.

Our project is a gateway to service providers and a way to identify clients' needs and help them to access services or resources to meet their identified needs.

### **Thank you All**

The Trustees would like to express their thanks to our funders, the beneficiaries, volunteers and casual users, to all those who continue to help RCA to deliver its' services. The inspirational work of our volunteer coordinator continues to define our activities and enhance our reputation. We are so please that all of our volunteers following her lead. RCA will continue to work tirelessly to ensure we can extend our activities to all in the city.

Thank you.

Amina Nalubega  
Trustee/Director

Signed 12/8/2024

  
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## **Directors' Responsibilities**

Company law requires the Directors to prepare financial statements for each financial year that give a true and fair view of the charitable company and the surplus or deficit for that period. In preparing these statements, the Directors are required to:

- Select suitable accounting policies and then apply them consistently;
- Make judgments and estimates that are reasonable and prudent;
- State whether applicable Accounting Standards 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 company will continue in operation.

The Directors are responsible for maintaining proper accounting records that disclose with reasonable accuracy at any time the financial position of the charitable company and enable them to ensure that the financial statements comply with the Companies Act 1985. They are also responsible for safeguarding the assets of the company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

## **Independent Examiner Report**

**For the Year ended 30<sup>th</sup> November 2023**

I report on the accounts of Rise Community Action Limited for the year ended 30<sup>th</sup> November 2023, which are set out on the following pages.

### **Respective responsibilities of trustees and examiner**

The trustees (who are also directors for the purposes of company law) are responsible for the preparation of the accounts. The charity's trustees consider that an audit is not required for this year under section 43 (2) of the Charities Act 1993 (the 1993 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 43 of the 1993 Act;
- to follow the procedures laid down in the General Directions given by the Charity Commissioners (under section 43(7)(b) of the 1993 Act); and
- to state whether 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 the seeking of 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:

- which gives me reasonable cause to believe that, in any material respect, the requirements
  - (a) to keep accounting records in accordance with 386 of the Companies Act 2006; and
  - (b) to prepare accounts which accord with the accounting requirements of the Companies Act 2006 and the methods and principles of the Statement of Recommended Practice: Accounting and Reporting by Charities (revised 2005) 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.

J N Beugren Accountants  
5 Stuart Place, St. Albans, AL1 1AU

 16/07/2024

**Rise Community Action Limited**

**Income & Expenditure Account**

**Statement of Financial Activities for the year ended 30<sup>th</sup> November 2023**

2022 - Total	<u>Incoming Resources</u>	Unrestricted	Restricted	2023 - Total
£	<u>Note</u>			£
	2.			
32,512	Grants, Awards,	-	46,303	46,303
0	Donations	0	0	0
0	Generated Income	-	0	0
320	Other		1,932	1,932
32,832	Total Income	0	48,235	48,235
	3. <u>Resources Expended</u>			
-	Cost of generating funds	-	-	-
50,009	Activities in the furtherance of the Charity's objects	-	40,514	
3,263	Management & Administration	-	2,450	
30,746	Total outgoing resources	0	42,964	42,964
2,086	Net surplus/deficit	0	5,271	5,271
2,853	Balance brought forward	1,050	3,889	4,939
4,939	Balance carried forward	1,050	9,160	10,210

**Rise Community Action Limited**  
**Balance Sheet as at 30<sup>th</sup> November 2022**

<b><u>Fixed Assets</u></b>			
2022		<u>Note</u>	<u>2023</u>
0	Intangible Assets		0
1,754	Tangible Assets	4	1,589
1,754	Total Fixed Assets		1,589
<b><u>Current Assets</u></b>			
-	Debtors	-	-
4,939	Cash at bank	-	10,210
6,693	Total Current Assets		11,799
<b><u>Liabilities</u></b>			
-	Creditor	-	-
0	Assets less liability	-	0
6,693	<u>Total Net Assets</u>		11,799
Represented by :			
6,693	Un/restricted :		10,210
-	Free reserves:		-
6,693	Fixed Assets:		1,589
1,050	Total unrestricted funds		1,050
5,643	Restricted funds		10,749
6,693	<u>Total</u>		11,799

For the year ending 30th November 2023 the company was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.

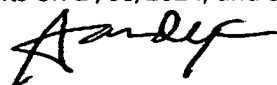
- The members have not required the company to obtain an audit of its accounts for the year in question in accordance with section 476,
- The directors acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of accounts.

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

The board of Directors approved these accounts on 2 /08/2024, and signed on their behalf by:

Treasurer – David Kakande

Signature:



12 /08/2023

## 1. ACCOUNTING POLICIES

### (a) BASIS OF ACCOUNTING

The financial statements are prepared under the historical cost convention. They comply with the Charity Commission's Statement of Recommended Practice on Accounting by Charities (SORP 2005) and all applicable Accounting and Financial REPORTING STANDARDS

### (b) INCOMING RESOURCES

General donations, legacies and subscriptions are brought into account when received. Donations and grants given for specific purposes are treated as income in the year of receipt. Unspent restricted income is included under restricted funds as it is fully committed.

### (c) RESOURCES EXPENDED

The resources used are classified under the charity's functional categories of expenditure rather than the type of expense in order to provide more useful information. Resources expended in each functional category comprise direct expenditure including direct staff costs attributable to the activity. Where costs cannot be directly attributed they have been allocated to activities based on time spent by staff on those activities.

### (d) TANGIBLE FIXED ASSETS AND DEPRECIATION

Tangible fixed assets are included at cost; Depreciation is calculated annually at 25%

### (e) OPERATING LEASES

Operating lease rentals are charged to the income and expenditure account as they become due.

### (f) FUND ACCOUNTING

General funds comprise the accumulated surplus or deficit on the income and expenditure account. They are available for use at the discretion of the Directors in furtherance of the general objectives of the company. Restricted funds are funds subject to specific restricted conditions imposed by donors.

### (g) EXPENDITURE CATEGORIES

Expenditure is allocated to one of three functional categories that reflect the charitable activities of the company:

- Cost of generating funds

- Activities in the furtherance of the Charity's objects

- Management and Administration

## Rise Community Action Limited

### Grants, Donations & Expenditure Analysis

#### 2. Grants, Donation and fees :

<u>2022</u>	<u>Sources</u>	Unrestricted	Restricted	<u>2023</u>
Total				Total
27,572*	NHS North East London	-	14,167*	14,167*
2,356	National Lottery	-	10,000	10,000
0	African Heath Policy	-	2,253	2,253
2,584	CAN(Public Health LBH)	-	2,420	2,420
-	London Borough of Hackney	-	10,463	10463
-	Serlin Family Foundation	-	7,000	7000
320	other	-	1,932	1,932
32,832	<u>Total</u>	-	48,235	48,235
<u>2022</u>	<u>Resources expended:</u>			<u>2023</u>
	Fundraising and training		0	
	Activities for Beneficiaries (including staff costs, Rent, Volunteer cost)		40,514**	
	Support and advice			
	Management and Administration		2,450	
30,746	Total			42,964

***\*£14,167 of this income was received on behalf of CAN (Community African Network) for its cervical and bowel Cancer in City and Hackney project***

***\*\* £14,167 is for funds paid to CAN (Community African Network) which was received Cervical and Bowel Cancer in City and Hackney project***