

THE HEALTH FORUM

England & Wales · Charity number 1151980

Details

Other names	BME HEALTH FORUM
Status	Registered
Legal form	Charitable company
Company number	08013774
Registered	2013-05-10
Register	View on the Charity Commission register

Contact

Address	Church street Neighbourhood office Cherwell House Penfold Street
Phone	07958479217
Email	info@bmehf.org.uk
Website	www.bmehf.org.uk

Activities

Objects: THE PRESERVATION AND PROTECTION OF HEALTH AND PROMOTION OF GOOD HEALTH WITH A PARTICULAR FOCUS ON, BUT NOT LIMITED TO, PEOPLE FROM THE BLACK AND MINORITY ETHNIC COMMUNITIES, PRINCIPALLY IN, BUT NOT LIMITED TO, THE LONDON BOROUGHES OF KENSINGTON AND CHELSEA, WESTMINSTER AND HAMMERSMITH AND FULHAM, IN PARTICULAR BY1. PROVIDING A FORUM FOR VOLUNTARY AND STATUTORY ORGANISATIONS AND OTHER INTERESTED PARTIES TO 1.1. STUDY AND RESEARCH THE HEALTH AND SOCIAL CARE ISSUES WHICH AFFECT THEM 1.2. DISSEMINATE THE FINDINGS OF THE RESEARCH TO IMPROVE THEIR HEALTH1.3. RAISE AWARENESS OF THESE HEALTH AND SOCIAL CARE ISSUES AND PROVIDE THEM WITH SUPPORT1.4. COMMUNICATE, NETWORK AND PROVIDE LINKS AND BUILD CAPACITY WITH COMMUNITY GROUPS, RESEARCH/ACADEMIC INSTITUTIONS AND FUNDING AGENCIES TO INFLUENCE POLICY AND DECISIONS AFFECTING THEM.2. INFORMING POLICY, LOCALLY AND NATIONALLY, AND ASSISTING IN THE PROMULGATION OF EFFECTIVE POLICIES AND GOOD PRACTICES, 2.1. SO AS TO CONTRIBUTE TO IMPROVED HEALTH OUTCOMES FOR THE PEOPLE FROM THE BLACK AND MINORITY ETHNIC COMMUNITIES 2.2. SO THAT HEALTH SERVICES ARE ABLE TO MEET THEIR SPECIFIC NEEDS.

Activities: The BME Health Forum is a local charity governed by a partnership of statutory, voluntary and community organisations committed to reducing health inequalities and aims to reduce health inequalities and improve health and wellbeing outcomes for people from deprived communities and ensure that health and social care policies and service development are informed by the views of local communities.

Classification

- **How:** Provides Advocacy/advice/information, Sponsors Or Undertakes Research, Acts As An Umbrella Or Resource Body
- **What:** The Advancement Of Health Or Saving Of Lives, Human Rights/religious Or Racial Harmony/equality Or Diversity
- **Who:** People Of A Particular Ethnic Or Racial Origin, Other Charities Or Voluntary Bodies, The General Public/mankind

Geography

- City Of Westminster
- Hammersmith And Fulham
- Kensington And Chelsea

Finances

Period end	Income	Expenditure	Assets	Employees
2025-03-31	£525,196	£519,295	£117,561	5
2024-03-31	£510,949	£479,580	£111,660	0
2023-03-31	£312,817	£354,165	-	-
2022-03-31	£377,013	£345,282	-	-
2021-03-31	£239,176	£223,988	-	-

Trustees

Name	Role	Appointed
HALALEH TAHERI	Chair	2019-06-14
ALISON Jane DEVLIN		2017-02-27
Abdul Aziz Toki		2019-06-06
David Murray Truswell		2016-07-07
EDWARD KAY KIU CHAN		2013-02-27
GLADYS Marion JUSU-SHERIFF		2014-11-28
Kaveh Kalantari		2016-05-12
Zohra Davis		2025-02-07

THE HEALTH FORUM

England & Wales - Charity number 1151980

Accounts

THE HEALTH FORUM
(Private Company Limited by Guarantee)

REPORT AND FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2025
COMPANY REG NO. 08013774
CHARITY NO. 1151980

THE HEALTH FORUM
(Private Company Limited by Guarantee)
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Pages 14 to 18 do not form part of the statutory accounts.

THE HEALTH FORUM
(Private Company Limited by Guarantee)
Legal and Administrative Information

Board of Trustees

Edward Kay Kiu Chan MBE*
Judith Mary Blakeman*
Filsan Hassan Ali* - resigned 10 February 2025
Gladys Marion Jusu-Sheriff*
Meerat Kaur* - resigned 10 February 2025
Marie Tameze*
Kaveh Kalantari*
David Truswell*
Alison Devlin*
Abdul Aziz Toki*
Halaleh Taheri*
Zohra Davis*

*** Trustees are also for the purpose of the Companies Act 2006 company directors.**

Company Secretary

Nafsika Thalassis

**Administration and
registered office**

Churchstreet Neighbourhood Centre
Cherwell House
Penfold Street
London NW8 8PT

Charity registration no.:

1151980

Company registration no.:

08013774 (England & Wales)

Reporting accountants

Liondaris & Co
Certified Accountants
1st Floor Woodgate Studios
2-8 Games Road
Cockfosters
EN4 9HN

Bankers:

The Co-operative Bank

Funding authorities:

North West London CCG
Westminster Council
Kensington & Chelsea Social Council
Royal Borough of Kensington & Chelsea
City of London
Comic Relief
Imperial Health Charity

THE HEALTH FORUM
(Private Company Limited by Guarantee)
Directors' & Trustees' Report for the Year Ended 31 March 2025

The trustees, who are also directors of the charity for the purposes of the Companies Act, present their annual report together with the audited financial statements of the charity for the year ended 31 March 2025.

Structure, Governance and Management
Governing Document

The Health Forum operating under 'BME Health Forum' is a company limited by guarantee and obtained charitable status from the Charity Commission on 10 May 2013. The company was established under a Memorandum of Association which established the objects and powers of the charitable company and is governed under its Articles of Association. In the event of the company being wound up members are required to contribute an amount not exceeding £1.

The Board delegates the day-to-day operation of the organisation to the Executive Director. The Trustees meet formally once every 3 months.

Recruitment & Appointment of Trustees

The Trustees and Directors who have served throughout the year are shown on page 1. Appointment of directors/trustees is governed by the Memorandum & Articles of Association.

Trustee Induction and Training

All new Board Members are introduced to current Board Members, and Receive an Induction pack which includes a Board Handbook. All Board Members participate in training on good governance.

Charitable Objectives

The preservation and protection of health and promotion of good health with a particular focus on, but not limited to, people from the black and minority ethnic communities, principally in, but not limited to, the London Boroughs of Kensington and Chelsea, Westminster and Hammersmith & Fulham. The aim of the forum is to inform policy, locally and nationally and assist in promulgating effective policies and good practice in order to contribute to reducing health inequalities and improved health outcomes for people from the black and minority ethnic communities.

Risk Management

The trustees review the major risks that the charity faces on a regular basis and are satisfied that systems are in place to mitigate exposure to the major risks. Internal risks are minimised by the implementation of policies and procedures for authorisation of all transactions and projects and to ensure consistent quality of delivery for all operational aspects of the charitable company. These procedures are periodically reviewed to ensure that they still meet the needs of the charity.

Public Benefit

All our activities aim to reduce health inequalities and improve health and wellbeing outcomes for people from deprived communities and ensure that health and social policies and service development are informed by the views of local communities.

Section 4 of the Charities Act 2011

The trustees actively review guidance issued by the Charity Commission as required by section 4 of the Charities Act 2011, to ensure compliance with such guidance.

Activities and achievements

The trustees consider that the charity's activities in meeting its objectives have been most satisfactory during the year under review.

Future developments

Some funding has now been secured for the Charity's core activities for 2025/26. This is a good position but we need to continue to build on it to ensure we continue to deliver services for BME communities.

Summary

The BME Health Forum had a very successful year in 2024/25. We delivered nine partnership projects, and we funded 17 Global Majority (GM) organisations a total of £238,680 to deliver these partnerships with us. In our engagement work, we reached 407 residents directly (and many more residents indirectly through those residents' social networks). In our project delivery we reached 786 residents and delivered some excellent outcomes. We deliver systems change for global majority communities in all our work.

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Directors' & Trustees' Report for the Year Ended 31 March 2025
(Continued)

Systems change work

We continue to work with NHS trusts and the local Integrated Care Board pushing for systemic change in the way patients from global majority communities are treated and particularly patients who are not fluent English speakers. We sit on a number of panels and steering groups and attend over 100 NHS meetings per year. Our lobbying with NHS Imperial College Healthcare trust led to the funding of a post-holder looking at the issue of interpreting services and has succeeded in increasing the use of interpreters. The trust has also adopted mobile video interpreting which can be used in maternity and A&E at short notice. We continue to lobby trusts to adopt our health advocacy model which gives the BME Health Forum daily feedback on where the gaps in services are and where patient experience for global majority patients is poor. There is currently a proposal for the NHS to adopt this model in maternity services, which we are hopeful will be funded.

We support trusts engaged in anti-racism work, and we reiterate that it is essential to look at the patient experience of global majority patients to inform this work, whereas many organisations focus their anti-racism work exclusively on staff. We were pleased that we were able to persuade Imperial Healthcare Trust to conduct ten workshops with global majority patients to look at the experience of racism and discrimination as patients. This work informed the launch of the Trust's Anti Racism Strategy in September 2024, which included an interview with one of our Health Advocates, used for staff training.

Another important aspect of our systems change work is our public meetings where we showcase the work of the BME Health Forum and other GM organisations in front of NHS and LA colleagues as well as funders and other VCS and global majority partners. We held four public meetings on the themes of mental health, cancer, health advocacy and emotional wellbeing. These meetings showcase the innovative work that BME Health Forum or its partners are delivering in these areas and how they meet the needs of the community, plugging gaps left by the statutory sector. We presented projects we have delivered, and where these have been commissioned by the statutory sector, we showed that as well as delivering certain key messages e.g. about the importance of cancer screening, we also showcase the barriers communities face e.g. in accessing cancer screening. We believe that these meetings influence statutory partners. For example, a vcs-led global majority mental health project was commissioned by Westminster Council after commissioners attended a meeting hearing the work of partners delivering mental health support with very different models from those used in the NHS e.g. the tree of life model and using a collaborative group approach. In another instance, the findings from a BME Health Forum report from a suicide prevention project, around the experience of stigma faced by GM communities around mental health was cited by the NHS who commissioned a vcs-led mental health project focusing on young people. In both instances, the BME Health Forum was successful in showcasing evidence from the community that mainstream mental health services did not always work for global majority communities and that a bespoke, community led, culturally appropriate service was more likely to be effective.

Additionally, we work with local authorities to effect systemic change in the way global majority residents are treated. We work with the Royal Borough of Kensington and Chelsea and Westminster City council on a number of projects, but our Staying Safe project has been the most influential in changing how the councils engage with global majority communities with regard to safeguarding. We have been able to establish a coproduction model to plan the group's activities and training which culminated in coproducing published guides giving residents information about safeguarding, translated in seven community languages. Because the organisations were active participants in the production of the guides and agree with the content, the guides are widely publicised and reach many residents.

Partnerships with the global majority organisations

The BME Health Forum relies on partnerships with GM organisations to deliver its work. BME Health Forum staff fundraise to make these partnerships possible, and we are thankful to City Bridge Foundation, Comic Relief, Imperial Healthcare Charity, National Lottery, NHS NWL Integrated Care Board, the NW and SW London Cancer Alliance, the Royal Borough of Kensington and Chelsea and the Royal Marsden for funding us. In 2024/25, we were able to pass on £238,680 of the funding we received to 17 GM organisations to deliver nine partnership projects. We also funded another seven organisations with £71,254 through our partnership with the Royal Marsden.

Organisations funded by the BME Health Forum in 2024-25	
Al-Hasaniya Moroccan Women's Centre	30,600
Al-manaar	5,308
Abul Mageed Educational Trust	9,054
Central London You	500
Chinese Information and Advice Centre*	10,000
Education & Skills Development	11,386
Ethiopian Women's Empowerment Group (EWEG)	18,308

Foundation For Women	3,700
French African Welfare Association	18,510
Hillington Mind*	10,353
Iranian Association	44,351
Marylebone Bangladesh Society	23,916
Midaye Somali Development Network	34,476
Middle Eastern Women and Society	17,351
Neighbourhood Doulas	5,974
Nubian Sudanese Association	4,676
Pathway to Wellness*	8,410
RCCT*	7,673
Social Interest Group*	7,980
SW1 Islamic Centre	3,700
The Advocacy Project*	9,984
Third Sector Together*	16,854
Wand UK	5,000
Westminster Bangladesh Trust	1,870
Total	309,934

*Organisations funded as part of our partnership with the Royal Marsden.

Feedback from partners and other organisations

We regularly survey our partners to ensure that we are meeting their needs. In October 2024, we conducted a survey and received 31 responses from organisations about their views on our impact.

- 97% think we are driven by and for the communities we serve
- 90% find information provided by us very useful
- 84% say we are a very effective advocate of BME organisations and communities
- 74% say we are very helpful in helping their organisation achieve its goals
- 71% think our projects are very effective in reducing health inequalities

Engagement Work

Our engagement work focuses on prevention. We work with GM organisations and their services users to ensure that local people are well informed but also that they have the opportunity to give feedback to statutory providers about gaps in services. Our engagement work this year focused on safeguarding, cancer, and vaccinations (HPV, Flu and Covid).

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(Private Company Limited by Guarantee)
Directors' & Trustees' Report for the Year Ended 31 March 2025
(Continued)

The BME Safeguarding Network (funded by City Bridge trust)

This network was launched in May 2024 and is delivered in collaboration with RBKC, the Safeguarding Adults Executive Board and The Advocacy Project. The network is designed to use coproduction to build trust, raise awareness and empower communities to recognise and respond to safeguarding concerns more confidently.

We worked with 20 local GM community organisations that meet quarterly, engage with local service providers and take part in discussions about safeguarding adults. Organisations took part in training such as 'Raising Awareness of Prevent' and 'Putting Safeguarding Policy into Practice'. We also supported organisations with developing and strengthening their safeguarding policies and procedures, with a focus on putting them into practical use. We published guides about safeguarding translated into community languages.

Winter Campaign Project (funded by NWL ICB)

We worked with four Global Majority (GM) organisations: the Education and Skills Development Group, SW1 Islamic Centre, the Iranian Association, and For Women, to deliver information to communities about NHS vaccination campaigns, how to stay well in winter and how to seek help when needed. Surveys were completed by 100 service users and gave information to the NHS on barriers faced by communities in accessing pharmacies, 111 and 999 services.

Human Papillomavirus Vaccine Project (funded by the Royal Marsden Partners NW& SW London Cancer Alliance)

We collaborated with five GM organisations: Abdul Mageed Educational Trust, Sudanese Supplementary School, Iranian Association, SW1 Islamic Centre and WAND UK to deliver information to communities about the HPV vaccine and to raise awareness about it. Our partners collectively engaged with 150 service users to promote the vaccine, while the health professionals involved in leading the workshops promoted the key messages and answered the questions service users raised to increase the uptake of the vaccine.

Cancer project (funded by the Royal Marsden)

We completed a project started in the previous year, working with Westminster Bangladeshi Welfare Trust, Abdul Mageed Educational Trust, Education, Skills Development Group, Iranian Association and SW1 Islamic Centre. The project delivered ten workshops with 157 participants to deliver information and collect feedback and concerns. Participants said that they were much more likely to attend screening and encourage families to attend now that they understood more about the programs.

Collaboration and Capacity Building

The staff team participate in strategic meetings organised by public sector organisations including North West London Integrated Care Board, NHS England, Imperial College Healthcare NHS Trust, Chelsea & Westminster NHS Trust, Imperial College London, Central London Community Healthcare NHS Trust, the Local Authorities, and the GLA. We contribute to plans to reduce health inequalities, removing barriers in involving GM communities in research and generally promoting the health and wellbeing of the GM communities in London.

Locally, we work with the NHS and our local CVS organisations One Westminster, and Kensington & Chelsea Social Council to shape local priorities such as the VCS mental health strategy, the role of the INT navigators and the use of the vibrant and healthy community funds.

We delivered additional training to ten organisations to support them with project management, and we gave four organisations 1:1 support with fundraising applications. Two applications were successful, bringing in £177,000 and £19,000 for the organisations we supported.

Project Delivery

Healthy Lifestyles Programme (funded by RBKC Community Public Health Programme)

We collaborated with five GM organisations based in Kensington and Chelsea: Midaye Somali Development Network, Al Manaar (The Muslim Cultural Heritage Centre), Sudanese Nubian Association (SNA), Ethiopian Women's Empowerment Group (EWEG) and Neighbourhood Doulas to deliver a Healthy Lifestyles project during October 2024 to June 2027. Our partners successfully engaged with a total of 107 service users who they supported to adopt a healthier lifestyle during this reporting period. As a partnership, they delivered a total of 93 sessions including physical activity sessions and healthy eating support with a total of 987 attendances. Physical activity sessions included Zumba sessions, spinning classes, yoga, football, walking and learning to use step counting apps. Many service users achieved outstanding outcomes including healthier eating habits, changed behaviours, and increased physical activity. A total of 60 service users lost weight, and 18 service users became aware that their blood pressure was high and were referred to their GPs to seek medical advice and support. Thirty-one staff and volunteers completed training that was made available by RBKC as part of the funded programme, including 'Exercise and mental health', 'Diabetes primary prevention', 'understanding mental capacity' courses.

Health Advocacy Project (funded by the National Lottery)

This project contributes directly to reducing health inequalities by removing barriers to accessing services and supporting clients to make the best use of NHS services. We worked with six GM organisations (Al-Hasaniya Moroccan Women's Centre, Ethiopian Women's Empowerment Group, French African Welfare Association, Iranian Association, Marylebone Bangladesh Society and Midaye Somali Development Network) to help 456 residents who speak little or no English to access services and improved health outcomes. The project improved clients' access to health services, helped clients to access interpreters, helped clients advocate for the care they needed and overcome institutional barriers, and supported clients in accessing transport for medical appointments. We also worked with the ICB, GP federations and hospital trusts to highlight the barriers clients face and get commitments to systems change.

On the Breadline Multi-Lingual Emotional Wellbeing Project (funded by Comic Relief)

We worked with four GM organisations (Al-Hasaniya Moroccan Women's network, Iranian Association, Midaye Somali Development Network, Middle Eastern Women and Society organisation) to support 91 clients facing financial difficulties, with emotional support and practical help over the cost-of-living crisis. Clients reported an average increase in Emotional Wellbeing of 42% and an average increase in general health of 40%.

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Directors' & Trustees' Report for the Year Ended 31 March 2025
(Continued)

My Care My Way (funded by the ICB-NHS, managed by KCSC)

We were commissioned to join this project as it had been identified that patients from GM communities, particularly those who do not speak English fluently, were underserved. We worked with three GM organisations (French African Welfare Association, Iranian Association and Midaye Somali Development Network) to provide intensive support to nine clients aged 65 and over, identified by their GPs as needing holistic and proactive care to reduce the risk of unplanned hospital admissions or emergency care. Our involvement in this project required us to complete the NHS Data Protection and Security toolkit, which has significantly improved our policy and practice.

Healthy Lifestyles, Health Equalities Project - February 2024 to March 2025 (funded by Imperial Health Charity's Compassionate Communities grant programme)

We worked with five community organisations: MEWSO, Iranian Association, Education and Skills Development Group, Abdul Mageed Educational Trust and Marylebone Bangladesh Society. Our target participants were BME residents of Brent, Ealing, Hammersmith & Fulham, Harrow, Hillingdon, Hounslow, Kensington & Chelsea and Westminster who face significant language barriers.

The overall aim was to support participants to make sustainable healthy lifestyle changes. There were three cohorts of 10–12 participants who met weekly for three months. The sessions were designed to be culturally appropriate and led by a trained facilitator from participants' community. The main themes covered were healthy eating, being more active and understanding how to use health services.

Feedback from participants showed the programme made a real difference, with some describing it as life-changing for both them and their families. Out of 123 total participants, 66 reported being more active, 67 said they were eating more healthily and 81 said they would recommend the programme to others. Almost three-quarters stated that they better understood how to access health services and a third used a health service directly because of the project.

Thanks

We want to thank the staff and trustees of the BME Health Forum as well as our partner organisations, their staff and volunteers who make this work possible.

Financial review

Total income for the year amounted to £525,196 with total expenditure amounting to £519,295 leaving a surplus in the year of £5,901.

Accumulated reserves at the balance sheet date amounted to £117,561, of which £117,561 represent income reserves.

Reserves Policy

The trustees have established a policy where unrestricted reserves should be at equivalent to 6 months of annual expenditure by setting up a designated reserve, namely 'Staff & Running Cost Reserve'. At the year end the reserves held in this fund amounted to £95,000, restricted reserves of £15,000 and unrestricted general reserve of £32,660. Overall the trustees consider the financial position of the charity to be satisfactory.

Responsibilities of Trustees

The trustees are required by company law to prepare financial statements for each financial year which give a true and fair view of the charity's financial activities during the year and of its financial position at the end of the year. In preparing those financial statements, the trustees are required to:

- select suitable accounting policies and apply them consistently;
- make judgments and estimates that are reasonable and prudent;
- prepare financial statements on a going concern basis unless it is inappropriate to presume that the charity will continue in operation.

The trustees are responsible for keeping adequate accounting records which disclose with reasonable accuracy at any time the financial position of the charity and enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

THE HEALTH FORUM
(Private Company Limited by Guarantee)
Directors' & Trustees' Report for the Year Ended 31 March 2025
(Continued)

Trustee Members

The trustees who are directors for the purpose of company law who have served during the year and up to the date of this report are set out on page 1.

Reporting Accountants

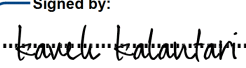
A resolution proposing the appointment of Liodaris & Co as Reporting Accountants will be put to the members at the next AGM.

Approval

This report has been prepared in accordance with the Statement of Recommended Practice: Accounting and Reporting by Charities (revised in May 2008) and in accordance with the Provisions of Part 15 of the Companies Act 2006 applicable to companies subject to the small companies regime.

Approved by the trustees and signed on its behalf:

.....
Name: K Kalantari

Signed by:

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Date - 15/12/2025

THE HEALTH FORUM
INDEPENDENT EXAMINERS REPORT TO THE TRUSTEES OF THE HEALTH FORUM

I report to the Trustees on my examination of the accounts of The Health Forum (the charity), charity number 1151980, for the year ended 31 March 2025, which are set out on pages 8 to 13.

Responsibilities and basis of report

I report to the trustees on my examination of the accounts of the above charity ("The Trust") for the year ended 31 March 2025.

As the charity's trustees, you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ("the Act").

I report in respect of my examination of the Charity's accounts carried out under section 145 of the 2011 Act and in carrying out my examination, I have followed all the applicable Directions given by the Charity Commission under section 145((5)(b) of the Act.

Independent examiner's statement

I have completed my examination. I confirm that no material matters have come to my attention in connection with my examination which gives me cause to believe that in, any material respect:

- the accounting records were not kept in accordance with section 130 of the Charities Act 2011
- the accounts did not accord with the accounting records: or
- the accounts did not comply with the applicable requirements concerning the form and content of accounts set out in Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a 'true and fair' view which is not a matter considered as part of an independent examination.

I have no concerns and have come across no other matter in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

DocuSigned by:

Christos Liondaris

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C Liondaris
Christos Liondaris & Co
Certified Accountants

1st Floor Woodgate Studios, 2-8 Games Road, Cockfosters, EN4 9HN

Date - 16/12/2025

THE HEALTH FORUM
(Private Company Limited by Guarantee)
Statement of financial activities
for the year ended 31 March 2025

	<u>Notes</u>	<u>Restricted Funds</u> £	<u>Unrestricted Funds</u> £	<u>Total 2024/25</u> £	<u>Total 2023/24</u> £
Incoming Resources					
Grants receivable	1	500,137	25,059	525,196	510,599
Other income & donations		-	-	-	350
Total incoming resources		<u>500,137</u>	<u>25,059</u>	<u>525,196</u>	<u>510,949</u>
Resources Expended					
Direct charitable expenditure	2	512,497	4,158	516,655	475,535
Management and administration	3	2,640	-	2,640	4,045
Total resources expended		<u>515,137</u>	<u>4,158</u>	<u>519,295</u>	<u>479,580</u>
NET SURPLUS/(DEFICIT)		<u>(15,000)</u>	<u>20,901</u>	<u>5,901</u>	<u>31,369</u>
		<u>Restricted Funds</u> £	<u>Unrestricted/ designated Funds</u> £	<u>Total 2024/25</u> £	<u>Total 2023/24</u> £
Net movement in funds for the year		(15,000)	20,901	5,901	31,369
Total funds brought forward		15,000	96,660	111,660	80,291
Transfer (to)/from in the year		-	-	-	-
Total funds carried forward		<u>-</u>	<u>117,561</u>	<u>117,561</u>	<u>111,660</u>

The statement of financial activities includes all gains and losses in the year. All incoming resources and resources expended derive from continuing activities.

THE HEALTH FORUM
(Private Company Limited by Guarantee)
BALANCE SHEET
AS AT 31 MARCH 2025

	Notes	2024/25		2023/24	
		£	£	£	£
Current Assets					
Debtors	4	56,730		10,341	
Cash at bank and in hand		<u>230,208</u>		<u>341,159</u>	
		286,938		351,500	
Creditors: amounts falling due within one year	5	<u>(169,377)</u>		<u>(239,840)</u>	
Net current assets		<u>117,561</u>		<u>111,660</u>	
Total assets less current liabilities		<u><u>117,561</u></u>		<u><u>111,660</u></u>	
Funds					
Restricted funds					
- Grants fund	6	-		15,000	
Designated funds					
- staff & running costs fund	6	95,000		64,000	
Unrestricted income funds:					
- general funds	6	<u>22,561</u>		<u>32,660</u>	
		<u><u>117,561</u></u>		<u><u>111,660</u></u>	

The Company is a private company limited by guarantee and incorporated in England. Its registered office is at Churchstreet Neighbourhood Centre, Chartwell House, Penfold Street. London NW8 8PT.

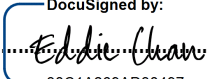
The company was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.

The members have not required the company to obtain an audit in accordance with section 476 of the Companies Act 2006.

The directors acknowledge their responsibility for complying the requirements of the Companies Act 2006 with respect to accounting records and for the preparation of the accounts.

The accounts have been prepared in accordance with the micro entity provisions of the Companies Act 2006 and FRS 105, The Financial Reporting Standard applicable to the Micro-entities Regime. The accounts have been delivered in accordance with the provisions applicable to companies subject to the small companies regime. The income and expenditure account has not been delivered to the Registrar of Companies.

Approved by the Trustees /Directors and signed on their behalf on 4 December 2024

DocuSigned by:

Name: E Chan MBE
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Trustee & Company Director

THE HEALTH FORUM
(Private Company Limited by Guarantee)
NOTES TO THE FINANCIAL STATEMENTS
for the year ended 31 March 2025

Accounting policies

The principal accounting policies adopted, judgments and key sources of estimation uncertainty in the preparation of financial statements are as follows

Basis of Preparation

The accounts have been prepared in accordance with the micro entity provisions of the Companies Act 2006 and FRS105, The Financial Reporting Standard applicable to Micro-Entities Regime. The accounts have been delivered in accordance with the provisions applicable to companies subject to the small companies regime.

Incoming resources

Income (including income from government and other grants) is recognised when the charity has entitlement to the funds, any performance conditions attached to the items of income have been met, it is probable that the income will be received and the amount can be measured reliably.

Interest and investment income receivable

Interest on funds held on deposit and income from investments held is included when receivable and the amount can be measured reliably by the charity.

Fund accounting

Unrestricted funds are available to spend on activities that further any of the purposes of charity. Designated funds are unrestricted funds of the charity which the trustees have decided at their discretion to set aside for a specific purpose. Restricted funds are donations or grants which the donor has specified are to be solely used for a particular purpose or area of the Trust's work or projects being undertaken by the Trust.

Expenditure and irrecoverable VAT

Expenditure is recognised once there is a legal or constructive obligation to make a payment to a third party, it is probable that settlement will be required and the amount of the obligation can be measured reliably. Expenditure is classified under the following headings:

- cost of raising funds comprise the cost of commercial trading
- expenditure on charitable activities includes the cost of operating the nursery and outreach services
- management and administration includes support costs for those functions that assist the work of the charity

Irrecoverable VAT is charged as a cost against the activity for which the expenditure has been incurred.

Taxation

As a grant aided charity with charitable status the charity's activities do not create a charge to corporation tax.

Operating leases

Rentals paid under operating leases are charged to income on a straight line basis over the lease term.

Debtors

Trade and other debtors are recognised at the settlement amount due after any trade discount offered. Prepayments are valued at the amount prepaid net of any trade discounts due.

Creditors and provisions

Creditors and provisions are recognised where the charity has a present obligation resulting from a past event that will probably result in the transfer of funds to a third party and the amount due to settle the obligation can be measured or estimated reliably.

Financial instruments

The trust has only has financial assets and financial liabilities of a kind that qualify as basic financial instruments. The charity does not acquire put options, derivatives or other complex financial instruments. The main form of financial risk faced by the charity is that of volatility in equity and investment markets due to wider economic conditions, the attitude of investors to risk, and changes in sentiment concerning equities.

Pensions

The Trust operates a defined contribution pension scheme.

THE HEALTH FORUM
(Private Company Limited by Guarantee)
Notes to the financial statements
for the year ended 31 March 2025

	2024/25	2023/24
	£	£
1 Grants receivable & other income		
North West London CCG - (Restricted)	-	52,300
North West London CCG - Cancer project (Restricted)	-	40,000
Kensington & Chelsea / CLW - (Unrestricted)	8,742	-
Kensington & Chelsea / MCMW - (Unrestricted)	12,056	34,526
R B of Kensington & Chelsea - (Restricted)	40,084	17,000
The Royal Marsden - (Restricted)	-	199,000
Westminster Arts - Resonate Arts - (Unrestricted)	3,600	-
Westminster Council Translation - (Unrestricted)	3,500	-
City of London - (Restricted)	49,250	23,500
Comic Relief - (Restricted)	74,823	71,470
Comic Relief - (Unrestricted)	102	-
RKBC - Grenfell - (Unrestricted)	-	6,750
RKBC - Staying Safe - (Unrestricted)	185	-
The National Lottery Community Fund - (Restricted)	172,943	163,273
ICB - Suicide Project - (Restricted)	-	10,000
ICB Core Funding (Restricted)	49,348	-
ICB Winter - (Unrestricted)	6,000	-
Imperial Healthcare Charity - (Restricted)	21,358	17,476
The Advocacy Project - (Unrestricted)	-	6,006
Other income - (Unrestricted)	100	350
	<u>442,091</u>	<u>641,651</u>
Add: Amounts deferred 2024:		
Comic Relief - (Restricted)	1,950	15,000
The National Lottery Community Fund - (Restricted)	75,000	62,500
The Royal Marsden - (Restricted)	101,851	-
NHS NWL Cancer Project - (Restricted)	22,500	-
Imperial Healthcare Charity - (Restricted)	17,476	-
Kensington & Chelsea Social Council - (Unrestricted)	-	6,000
City of London - (Restricted)	6,500	-
London Community Foundation - (Restricted)	-	6,950
RKBC - Grenfell - (Unrestricted)	-	4,125
	<u>667,368</u>	<u>736,226</u>
Less: Amounts deferred:		
Comic Relief - (Restricted)	-	(1,950)
The National Lottery Community Fund - (Restricted)	(86,472)	(75,000)
The Royal Marsden - (Restricted)	(17,293)	(101,851)
Kensington & Chelsea / MCMW - (Unrestricted)	(9,226)	-
NHS NWL Cancer Project - (Restricted)	-	(22,500)
NWL ICB (NHS) - (Restricted)	(7,641)	0
Imperial Healthcare Charity - (Restricted)	-	(17,476)
City of London - (Restricted)	(4,293)	(6,500)
R B of Kensington & Chelsea - (Restricted)	(17,247)	-
	<u>525,196</u>	<u>510,949</u>
Analysis of Grants Receivable & Other Income		
Restricted	500,137	453,542
Unrestricted	25,059	57,407
	<u>525,196</u>	<u>510,949</u>
2 Direct charitable expenditure		
Staff costs	186,796	161,127
Staff pension costs	10,443	9,051
Commissioning expenses	309,934	299,804
Other costs	9,482	5,553
	<u>516,655</u>	<u>475,535</u>

THE HEALTH FORUM
(Private Company Limited by Guarantee)
Notes to the financial statements
for the year ended 31 March 2025

	2024/25	2023/24
3 Management & administration costs		
Other costs	2,640	4,045
4 Debtors		
Accrued income	56,730	10,341
5 Creditors		
Amounts falling due within one year:		
Other taxation & social security	5,067	5,035
Deferred income	142,172	225,277
Other creditors & accruals	22,138	9,528
	169,377	239,840

	01/04/2023	Income	2024/25 Expenditure	Transfers	31/03/2024
6 Reserve Funds					
Analysis of funds:					
Restricted:					
R B of Kensington & Chelsea	-	22,837	(22,791)	(46)	-
Cornerstone (funded by City of London) - City Bridge	-	51,457	(51,457)	-	-
Imperial Healthcare charity	-	38,834	(40,537)	1,703	-
The National Lottery Community Fund - Reaching Communities/Partnerships	-	161,471	(161,438)	(33)	-
The Royal Marsden	8,000	84,558	(89,699)	(2,859)	-
Comic Relief	-	76,773	(76,252)	(521)	-
NWL ICB (NHS) - Core Funding	-	41,707	(41,707)	-	-
ICB -Suicide Project	4,000	-	-	(4,000)	-
Cancer project (funded by West London CCG)	3,000	22,500	(22,500)	(3,000)	-
	15,000	500,137	(506,381)	(8,756)	-
Unrestricted:					
Community Living Well Project (Funded by KCSC & West London CCG)	10,013	8,742	-	(18,755)	-
The Advocacy Project	6,006	-	(5,784)	(222)	-
MCMW	-	2,830	-	(2,830)	-
ICB Winter campaign	-	6,000	(4,800)	(1,200)	-
Resonate Arts	-	3,600	(2,330)	(1,270)	-
Designated fund - staff & running costs	64,000	-	-	31,000	95,000
Unrestricted - general reserve	16,641	3,887	-	2,033	22,561
	111,660	525,196	(519,295)	-	117,561

Details of projects undertaken during the year under review are included in the Directors'/Trustees Report on pages 2 to 6.

THE HEALTH FORUM
(Private Company Limited by Guarantee)
Notes to the financial statements
for the year ended 31 March 2025

	01/04/2023	Income	2023/24 Expenditure	Transfers	31/03/2024
6 Reserve Funds					
Analysis of funds:					
Core Funding (funded by West London CCG)		52,300	(52,300)	-	
Cancer project (funded by West London CCG)					
	-	17,500	(14,500)	-	3,000
Core Funding (funded by R B Kensington & Chelsea)	-	17,000	(17,000)	-	-
Grenfell (Funded by R B Kensington & Chelsea)	-	10,875	-	(10,875)	-
National Lottery		150,773	(150,773)	-	-
The Royal Marsden Cornerstone (funded by City of London)		97,149	(89,149)	-	8,000
		17,000	(17,000)		-
Comic Relief - Intermediary Grant Project		84,520	(84,520)	-	-
ICB -Suicide Project					
	-	10,000	(6,000)	-	4,000
London Community Foundation		6,950	(6,950)	-	-
	-	464,067	(438,192)	(10,875)	15,000
Unrestricted:					
Community Living Well Project (Funded by KCSC & West London CCG)		40,526	(30,513)		10,013
Grenfell (Funded by R B Kensington & Chelsea)			(10,875)	10,875	-
The Advocacy Project		6,006			6,006
Designated fund - staff & running costs	64,000	-	-		64,000
Unrestricted - general reserve	16,291	350	-	-	16,641
	80,291	510,949	(479,580)	-	111,660

7 Analysis between fund balances

	2024/25		Total
	Restricted	Unrestricted	
Net Current Assets	-	117,561	117,561
	2023/24		Total
	Restricted	Unrestricted	
Net Current Assets	15,000	96,660	111,660

8 Transactions with Board of Trustees

No remuneration is payable to the Trustees. Any transactions involving the Trustees were carried out in the normal course of activities undertaken by the Charity.

THE HEALTH FORUM
(Private Company Limited by Guarantee)
Detailed income and expenditure account
for the year ended 31 March 2025

	2024/25	2023/24
	£	£
Income		
Grants receivable	525,196	510,599
Donations & income		350
	<u>525,196</u>	<u>510,949</u>
Direct charitable expenditure:		
Staff costs	197,239	170,178
Commissioning projects	309,934	299,804
Consultancy fees	500	-
Contractors	2,250	-
Room hire	3,335	2,326
Forum meeting expenses	1,262	1,197
Equipment & repairs	430	499
Insurance	570	570
Printing, postage & stationery	400	335
Telephone & internet costs	480	240
Website	134	134
Training	108	-
Sundry expenses	13	252
	<u>516,655</u>	<u>475,535</u>
Management & administration costs:		
Accountancy	2,640	4,045
	<u>2,640</u>	<u>4,045</u>
NET INCOMINGS/(OUTGOINGS) IN YEAR	<u><u>5,901</u></u>	<u><u>31,369</u></u>

THE HEALTH FORUM

England & Wales - Charity number 1151980

Accounts

THE HEALTH FORUM
(Private Company Limited by Guarantee)

REPORT AND FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2024
COMPANY REG NO. 08013774
CHARITY NO. 1151980

THE HEALTH FORUM
(Private Company Limited by Guarantee)
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Detailed income & expenditure account	14

Pages 7 and 14 do not form part of the statutory accounts.

THE HEALTH FORUM
(Private Company Limited by Guarantee)
Legal and Administrative Information

Board of Trustees	Edward Kay Kiu Chan* Judith Mary Blakeman* Filsan Hassan Ali* Gladys Marion Jusu-Sheriff* Meerat Kaur* Marie Tameze* Kaveh Kalantari* David Truswell* Alison Devlin* Abdul Aziz Toki* Halaleh Taheri*
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*** Trustees are also for the purpose of the Companies Act 2006 company directors.**

Company Secretary	Nafsika Thalassis
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Administration and registered office	Churchstreet Neighbourhood Centre Cherwell House Penfold Street London NW8 8PT
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Charity registration no.:	1151980
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Company registration no.:	08013774 (England & Wales)
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Reporting accountants	Liondaris & Co Certified Accountants Coach House Bellevue Road London N11 3NY
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Bankers:	The Co-operative Bank
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Funding authorities:	North West London CCG Westminster Council Kensington & Chelsea Social Council Royal Borough of Kensington & Chelsea City of London Comic Relief Imperial Health Charity Imperial College London
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THE HEALTH FORUM

(Private Company Limited by Guarantee)

Directors' & Trustees' Report for the Year Ended 31 March 2024

The trustees, who are also directors of the charity for the purposes of the Companies Act, present their annual report together with the audited financial statements of the charity for the year ended 31 March 2024.

Structure, Governance and Management

Governing Document

The Health Forum operating under 'BME Health Forum' is a company limited by guarantee and obtained charitable status from the Charity Commission on 10 May 2013. The company was established under a Memorandum of Association which established the objects and powers of the charitable company and is governed under its Articles of Association. In the event of the company being wound up members are required to contribute an amount not exceeding £1.

The Board delegates the day-to-day operation of the organisation to the Executive Director. The Trustees meet formally once every 3 months.

Recruitment & Appointment of Trustees

The Trustees and Directors who have served throughout the year are shown on page 1. Appointment of directors/trustees is governed by the Memorandum & Articles of Association.

Trustee Induction and Training

All new Board Members are introduced to current Board Members, and Receive an Induction pack which includes a Board Handbook. All Board Members participate in training on good governance.

Charitable Objectives

The preservation and protection of health and promotion of good health with a particular focus on, but not limited to, people from the black and minority ethnic communities, principally in, but not limited to, the London Boroughs of Kensington and Chelsea, Westminster and Hammersmith & Fulham. The aim of the forum is to inform policy, locally and nationally and assist in promulgating effective policies and good practice in order to contribute to reducing health inequalities and improved health outcomes for people from the black and minority ethnic communities.

Risk Management

The trustees review the major risks that the charity faces on a regular basis and are satisfied that systems are in place to mitigate exposure to the major risks. Internal risks are minimised by the implementation of policies and procedures for authorisation of all transactions and projects and to ensure consistent quality of delivery for all operational aspects of the charitable company. These procedures are periodically reviewed to ensure that they still meet the needs of the charity.

Public Benefit

All our activities aim to reduce health inequalities and improve health and wellbeing outcomes for people from deprived communities and ensure that health and social policies and service development are informed by the views of local communities.

Section 4 of the Charities Act 2011

The trustees actively review guidance issued by the Charity Commission as required by section 4 of the Charities Act 2011, to ensure compliance with such guidance.

Activities and achievements

The trustees consider that the charity's activities in meeting its objectives have been most satisfactory during the year under review.

Future developments

Some funding has now been secured for the Charity's core activities for 2023/24. This is a good position but we need to continue to build on it to ensure we continue to deliver services for BME communities.

Summary

The BME Health Forum had a very successful year in 2023/24. We delivered 14 projects, including 12 partnerships. The projects delivered services, awareness and engagement opportunities for nearly 4 thousand Global Majority (GM) residents. Our projects focused on residents who are not fluent English speakers and were delivered in 9 community languages as well as English. We funded 15 Global Majority organisations a total of £205,020 and gave an additional £96,149 as grants to 12 organisations on behalf of the Royal Marsden. We recruited an additional member of staff, Mercyline Ndeti who is our Organisation Development Manager.

THE HEALTH FORUM**(Private Company Limited by Guarantee)****Directors' & Trustees' Report for the Year Ended 31 March 2024****(Continued)****Summary (continued)**

The work we do with our partners directly impacts the health and wellbeing of residents as we help remove the barriers that stop people accessing services such as lack of information and awareness, communication barriers, digital exclusion, no access to transport, culturally inappropriate services. We also provide the emotional and practical support that helps clients manage the other aspects of their lives from finances to housing. At the same time, a key focus of our work is systems change -we work with NHS and LA partners to remove the barriers faced by our clients at a system level.

Organisations funded by the BME Health Forum in 2023-24	
Al-Hasaniya Moroccan Women's Centre	36,225
Abul Mageed Educational Trust	3,600
Baraka Community	10,500
Central Mosque of Brent	10,500
Education & Skills Development	3,400
Ethiopian Women's Empowerment Group (EWEG)	15,750
Fifty Plus Aged Eritrean Welfare Association	3,050
FORWARD	13,000
French African Welfare Association	32,175
Golden Opportunity - Skills & Development	10,430
Iranian Association	49,095
Marylebone Bangladesh Society	24,500
Midaye Somali Development Network	27,425
Middle Eastern Women and Society	11,335
Nomad Media	7,800
Nubian Sudanese Association	2,500
Pathway to Wellness	500
SHEWISE	10,494
SW1 Islamic Centre	3,300
Somali Parents Association	9,825
Sudanese Community	2,100
The Upper Room	10,500
The Advocacy Project	500
Westminster Bangladesh Trust	1,300
Total	299,804

Core Funding from the North West London ICB and Royal Borough Kensington & Chelsea

We are very grateful for the core funding we received which allows us to employ a member of staff and carry out a lot of our engagement work as well as fund some of our running costs. The funding covers the cost of our public meetings and this year we held 4 well attended meetings where we showcased the work of our partners from the suicide prevention project, cancer awareness projects, health advocacy, Staying Safe project and Winter Well campaign. We also had a number of presentations from NHS organisations and Local authorities, and we shared a lot of funding opportunities.

Our core funding also supports the work behind our weekly newsletter and website updates. We use the newsletter to advertise services, information campaigns, projects, events, jobs and funding opportunities on behalf of the NHS, our local community, the voluntary sector and statutory partners.

Our core funding allows for staff time to engage with NHS organisations such as Imperial Healthcare NHS Trust, Imperial College London, Chelsea and Westminster, Northwick Park, CLCH, CNWL and many others. We are happy with the work we have been doing to bring about systems change to improve the patient experience for Global Majority groups, focusing on language and communication barriers, digital exclusion, the need for advocacy and patient empowerment and involvement and how to support patients attend appointments.

THE HEALTH FORUM
(Private Company Limited by Guarantee)
Directors' & Trustees' Report for the Year Ended 31 March 2024
(Continued)

Infrastructure Support

This project has begun very positively. In the 4 months since the project started, we have helped 7 organisations with their fundraising activities, resulting in 6 successful funding applications.

Partnerships

1) Awareness raising and engagement around barriers to accessing information and services:

We delivered 7 projects in partnership with 19 Global Majority organisations on Cancer, Safeguarding, suicide prevention and immunisation/accessing services in winter months. These projects reached a combined total of over 3000 residents. Many residents told us that they would now attend cancer screening and other services as a direct result of our work, that they are now aware of what cancer symptoms to look out for and that early diagnosis is important, that their understanding of suicide and safeguarding have improved and they would be willing to access services and signpost others to services when needed:

Staying Safe Project (funded by Biborough Adult Social Care Services, managed by the Advocacy Project)

We worked with 13 grassroots BME community organisations (including Al-Manaar Muslim Cultural Centre, AMET, Eritrean Welfare Association, French African Welfare Association, Hope Foundation, Iranian Association, Marylebone Bangladesh Society, Midaye Somali Development Network, Migrant Organise, Sudanese Community and Information Centre, Sudanese Supplementary School, WAND UK, and Westminster Bangladeshi Welfare Trust) which completed "train the trainer" training about Safeguarding Adults. Eleven of these organisations delivered 12 workshops to their communities to inform them about safeguarding practice which were attended by **200** people. The workshops were delivered in different languages, including Arabic, French, Bengali, Farsi, Tigrinya and English.

Suicide Prevention project (funded by Rethink)

We worked with 4 GM organisations (AMET, ESDEG, The Iranian Association and the Sudanese Information and Advice Centre). The project raised awareness of suicide and mental health. Our partners engaged clients through surveys, workshops and events which focused on suicide awareness and promoting the mental health and wellbeing of their clients. They were attended by **116** clients. The survey revealed valuable insights about GM residents' awareness and knowledge about suicide and where to find help and services. For more information about the survey findings please go to our website: www.bmehf.org.uk

Winter Campaign Project (funded by the ICB)

We worked with 5 GM organisations: Eritrean Welfare Association, ESDEG, Iranian Association, SW1 Islamic Centre and Westminster Bangladeshi Welfare Trust, to deliver information to communities about NHS vaccination campaigns, how to stay well in winter and how to seek help when needed. Our survey was completed by **100** service users and gave information on barriers to accessing pharmacies, 111 and 999 services.

Cancer Screen, Detect and Protect Project (funded by the ICB- NHS)

We worked with 7 organisations (AMET, FORWARD, Middle Eastern Women and Society Organisation, Iranian Association, SW1 Islamic Centre, Sudanese Nubian Association, WAND UK). Collectively we delivered 46 workshops on bowel, breast, cervical, prostate and testicular cancers and screening programs engaging **2576** service users. The project collected feedback on barriers and concerns but also increased knowledge of cancer symptoms and screening.

Health Screening Project (funded by the ICB-NHS)

We worked with 4 GM organisations (AMET, ESDEG, Ethiopian Women's Empowerment Group, and the Iranian Association) to engage with **102** residents about the barriers to accessing health screening.

Cancer Awareness: Communication & Awareness Projects (funded by the Royal Marsden, NHS Trust)

We worked with 5 GM organisations (AMET, ESDEG, Iranian Association, SW1 Islamic Centre & Westminster Bangladeshi Welfare Trust) to deliver 2 projects. The first project engaged with **60** service users to hear about concerns and interest regarding cancer and screening programs and the second project delivered 10 workshops with **157** participants to deliver information and collect feedback and concerns. Participants said that they were much more likely to attend screening and encourage families to attend now that they understood more about the programs.

2) Delivering support services to residents from Global Majority groups

We helped nearly 600 residents with support services in 5 projects delivered by 8 organisations. The projects made a marked difference to residents, helping them access essential services, removing barriers to services based on language, digital exclusion, and cultural differences, supporting them to know their rights, access financial support and improving their emotional wellbeing and general health. All projects focused on residents who are not fluent English speakers, and projects were delivered in Amharic, Arabic, Farsi, French, Lingala, Sorani, Sylheti and Tigrinia.

THE HEALTH FORUM

(Private Company Limited by Guarantee)

Directors' & Trustees' Report for the Year Ended 31 March 2024

(Continued)

Community Living Well (funded by the ICB-NHS, managed by KCSC).

We worked with 4 GM organisations (Al-Hasaniya Moroccan Women's network, French African Welfare Association, Iranian Association, Midaye Somali Development Network) to support **89** clients registered with GPs in Kensington & Chelsea and North Westminster. We delivered 469 emotional wellbeing peer-support sessions to clients who speak little or no English. Clients reported an increase in Emotional Wellbeing of approximately 90%.

Grenfell mental wellbeing project (funded by the Royal Borough of Kensington & Chelsea)

We worked with 5 GM organisations (Al-Hasaniya Moroccan Women's Centre, Eritrean Welfare Association, Ethiopian Women's Empowerment Group, French African Welfare Association and Midaye Somali Development Network) to support **43** clients and spent 386 hours of support. Clients reported an improvement in their general health of 22% and an improvement in their emotional wellbeing of 19%.

Health Advocacy Project (funded by the National Lottery)

This project contributes directly to reducing health inequalities by removing barriers to accessing services and supporting clients to make the best use of NHS services. We worked with 6 organisations (Al-Hasaniya Moroccan Women's Centre, Ethiopian Women's Empowerment Group, French African Welfare Trust, Iranian Association, Marylebone Bangladesh Society and Midaye Somali Development Network) to support **339** residents who speak little or no English access services satisfactorily. The project improved clients' access to health services, supported clients to access interpreters, helped clients advocate for the care they needed and overcome institutional barriers, and supported clients access transport for medical appointments. We also worked with the ICB, GP federations and hospital trusts to highlight the barriers clients face and get commitments to systems change.

On the Breadline Multi-Lingual Emotional Wellbeing Project (funded by Comic Relief)

We worked with 4 GM organisations (Al-Hasaniya Moroccan Women's network, Iranian Association, Midaye Somali Development Network, Middle Eastern Women and Society organisation) to support **90** clients facing financial difficulties, with emotional support and practical help over the cost-of-living crisis. Clients reported an average increase in Emotional Wellbeing of 66% and an average increase in general health of 52%.

Together for London Project (funded by the London Community Fund)

We worked with 3 GM organisations (Ethiopian Women's Empowerment Group, Marylebone Bangladesh Society and Middle Eastern Women's Society Organisation) to support **36** clients with 1:1 support around mental health, welfare benefits and other support.

Financial review

Total income for the year amounted to £510,949 with total expenditure amounting to £479,580 leaving a surplus in the year of £31,369.

Accumulated reserves at the balance sheet date amounted to £111,660, of which £111,660 represent income reserves.

Reserves Policy

The trustees have established a policy where unrestricted reserves should be at equivalent to 6 months of annual expenditure by setting up a designated reserve, namely 'Staff & Running Cost Reserve'. At the year end the reserves held in this fund amounted to £64,000, restricted reserves of £15,000 and unrestricted general reserve of £32,660. Overall the trustees consider the financial position of the charity to be satisfactory.

Responsibilities of Trustees

The trustees are required by company law to prepare financial statements for each financial year which give a true and fair view of the charity's financial activities during the year and of its financial position at the end of the year. In preparing those financial statements, the trustees are required to:

- select suitable accounting policies and apply them consistently;
- make judgments and estimates that are reasonable and prudent;
- prepare financial statements on a going concern basis unless it is inappropriate to presume that the charity will continue in operation.

The trustees are responsible for keeping adequate accounting records which disclose with reasonable accuracy at any time the financial position of the charity and enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

THE HEALTH FORUM
(Private Company Limited by Guarantee)
Directors' & Trustees' Report for the Year Ended 31 March 2024
(Continued)

Trustee Members

The trustees who are directors for the purpose of company law who have served during the year and up to the date of this report are set out on page 1.

Reporting Accountants

A resolution proposing the appointment of Liodaris & Co as Reporting Accountants will be put to the members at the next AGM.

Approval

This report has been prepared in accordance with the Statement of Recommended Practice: Accounting and Reporting by Charities (revised in May 2008) and in accordance with the Provisions of Part 15 of the Companies Act 2006 applicable to companies subject to the small companies regime.

Approved by the trustees and signed on its behalf:

.....
Name: K Kalantari

Signed by:

FF0E34CF033744B...

Date - 4 December 2024

THE HEALTH FORUM

INDEPENDENT EXAMINERS REPORT TO THE TRUSTEES OF THE HEALTH FORUM

I report to the Trustees on my examination of the accounts of The Health Forum (the charity), charity number 1151980, for the year ended 31 March 2024, which are set out on pages 8 to 13.

Responsibilities and basis of report

I report to the trustees on my examination of the accounts of the above charity ("The Trust") for the year ended 31 March 2024.

As the charity's trustees, you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ("the Act").

I report in respect of my examination of the Charity's accounts carried out under section 145 of the 2011 Act and in carrying out my examination, I have followed all the applicable Directions given by the Charity Commission under section 145((5)(b) of the Act.

Independent examiner's statement

I have completed my examination. I confirm that no material matters have come to my attention in connection with my examination which gives me cause to believe that in, any material respect:

- the accounting records were not kept in accordance with section 130 of the Charities Act 2011
- the accounts did not accord with the accounting records: or
- the accounts did not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a 'true and fair' view which is not a matter considered as part of an independent examination.

I have no concerns and have come across no other matter in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

DocuSigned by:

Christos Liondaris

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C Liondaris

Christos Liondaris & Co

Certified Accountants

Coach House, Bellevue Road, London, N11 3NY

Date - 4 December 2024

THE HEALTH FORUM
(Private Company Limited by Guarantee)
Statement of financial activities
for the year ended 31 March 2024

	<u>Notes</u>	<u>Restricted Funds</u> £	<u>Unrestricted Funds</u> £	<u>Total 2023/24</u> £	<u>Total 2022/23</u> £
Incoming Resources					
Grants receivable	1	453,542	57,057	510,599	310,369
Other income & donations		-	350	350	2,448
Total incoming resources		<u>453,542</u>	<u>57,407</u>	<u>510,949</u>	<u>312,817</u>
Resources Expended					
Direct charitable expenditure	2	434,497	41,038	475,535	352,221
Management and administration	3	4,045	-	4,045	1,944
Total resources expended		<u>438,542</u>	<u>41,038</u>	<u>479,580</u>	<u>354,165</u>
NET SURPLUS/(DEFICIT)		<u>15,000</u>	<u>16,369</u>	<u>31,369</u>	<u>(41,348)</u>
		<u>Restricted Funds</u> £	<u>Unrestricted/ designated Funds</u> £	<u>Total 2023/24</u> £	<u>Total 2022/23</u> £
Net movement in funds for the year		15,000	16,369	31,369	(41,348)
Total funds brought forward			80,291	80,291	121,639
Transfer (to)/from in the year		-	-	-	-
Total funds carried forward		<u>15,000</u>	<u>96,660</u>	<u>111,660</u>	<u>80,291</u>

The statement of financial activities includes all gains and losses in the year. All incoming resources and resources expended derive from continuing activities.

THE HEALTH FORUM
(Private Company Limited by Guarantee)
BALANCE SHEET
AS AT 31 MARCH 2024

	<u>Notes</u>	<u>2023/24</u>		<u>2022/23</u>	
		£	£	£	£
Current Assets					
Debtors	4	10,341		41,184	
Cash at bank and in hand		341,159		142,588	
		351,500		183,772	
Creditors: amounts falling due within one year	5	(239,840)		(103,481)	
Net current assets		111,660		80,291	
Total assets less current liabilities		111,660		80,291	
Funds					
Restricted funds					
- Grants fund	6	15,000		-	
Designated funds					
- staff & running costs fund	6	64,000		64,000	
Unrestricted income funds:					
- general funds	6	32,660		16,291	
		111,660		80,291	

The Company is a private company limited by guarantee and incorporated in England. Its registered office is at Churchstreet Neighbourhood Centre, Chartwell House, Penfold Street. London NW8 8PT.

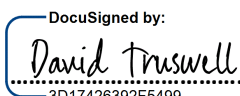
The company was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.

The members have not required the company to obtain an audit in accordance with section 476 of the Companies Act 2006.

The directors acknowledge their responsibility for complying with the requirements of the Companies Act 2006 with respect to accounting records and for the preparation of the accounts.

The accounts have been prepared in accordance with the micro entity provisions of the Companies Act 2006 and FRS 105, The Financial Reporting Standard applicable to the Micro-entities Regime. The accounts have been delivered in accordance with the provisions applicable to companies subject to the small companies regime. The income and expenditure account has not been delivered to the Registrar of Companies.

Approved by the Trustees /Directors and signed on their behalf on 4 December 2024

DocuSigned by:

 3D17426392F5499
 Name: D Truswell

Trustee & Company Director

THE HEALTH FORUM
(Private Company Limited by Guarantee)
NOTES TO THE FINANCIAL STATEMENTS
for the year ended 31 March 2024

Accounting policies

The principal accounting policies adopted, judgments and key sources of estimation uncertainty in the preparation of financial statements are as follows

Basis of Preparation

The accounts have been prepared in accordance with the micro entity provisions of the Companies Act 2006 and FRS105, The Financial Reporting Standard applicable to Micro-Entities Regime. The accounts have been delivered in accordance with the provisions applicable to companies subject to the small companies regime.

Incoming resources

Income (including income from government and other grants) is recognised when the charity has entitlement to the funds, any performance conditions attached to the items of income have been met, it is probable that the income will be received and the amount can be measured reliably.

Interest and investment income receivable

Interest on funds held on deposit and income from investments held is included when receivable and the amount can be measured reliably by the charity.

Fund accounting

Unrestricted funds are available to spend on activities that further any of the purposes of charity. Designated funds are unrestricted funds of the charity which the trustees have decided at their discretion to set aside for a specific purpose. Restricted funds are donations or grants which the donor has specified are to be solely used for a particular purpose or area of the Trust's work or projects being undertaken by the Trust.

Expenditure and irrecoverable VAT

Expenditure is recognised once there is a legal or constructive obligation to make a payment to a third party, it is probable that settlement will be required and the amount of the obligation can be measured reliably. Expenditure is classified under the following headings:

- cost of raising funds comprise the cost of commercial trading
- expenditure on charitable activities includes the cost of operating the nursery and outreach services
- management and administration includes support costs for those functions that assist the work of the charity

Irrecoverable VAT is charged as a cost against the activity for which the expenditure has been incurred.

Taxation

As a grant aided charity with charitable status the charity's activities do not create a charge to corporation tax.

Operating leases

Rentals paid under operating leases are charged to income on a straight line basis over the lease term.

Debtors

Trade and other debtors are recognised at the settlement amount due after any trade discount offered. Prepayments are valued at the amount prepaid net of any trade discounts due.

Creditors and provisions

Creditors and provisions are recognised where the charity has a present obligation resulting from a past event that will probably result in the transfer of funds to a third party and the amount due to settle the obligation can be measured or estimated reliably.

Financial instruments

The trust has only has financial assets and financial liabilities of a kind that qualify as basic financial instruments. The charity does not acquire put options, derivatives or other complex financial instruments. The main form of financial risk faced by the charity is that of volatility in equity and investment markets due to wider economic conditions, the attitude of investors to risk, and changes in sentiment concerning equities.

Pensions

The Trust operates a defined contribution pension scheme.

THE HEALTH FORUM
(Private Company Limited by Guarantee)
Notes to the financial statements
for the year ended 31 March 2024

	2023/24	2022/23
	£	£
1 Grants receivable & other income		
North West London CCG	52,300	41,152
North West London CCG - Cancer project	40,000	-
Kensington & Chelsea Social Council (unrestricted)	34,526	30,333
R B of Kensington & Chelsea	17,000	17,000
The Royal Marsden	199,000	-
R B of Kensington & Chelsea	-	12,376
City of London	23,500	-
Comic Relief	71,470	20,000
RKBC - Grenfell (unrestricted)	6,750	15,750
National Lottery	163,273	150,000
London Community Foundation	-	10,000
ICB - Suicide Project	10,000	-
Imperial College London	17,476	1,498
The Advocacy Project (unrestricted)	6,006	-
Other income (Unrestricted)	350	950
	641,651	299,059
Add: Amounts deferred 2023:		
Comic Relief	15,000	108,333
National Lottery	62,500	-
Kensington & Chelsea Social Council (unrestricted)	6,000	-
London Community Foundation	6,950	-
RKBC - Grenfell (unrestricted)	4,125	-
	736,226	407,392
Less: Amounts deferred:		
Comic Relief	(1,950)	(15,000)
National Lottery	(75,000)	(62,500)
The Royal Marsden	(101,851)	-
Kensington & Chelsea Social Council (unrestricted)	-	(6,000)
NHS NWL Cancer Project	(22,500)	-
Imperial Charity	(17,476)	-
City of London	(6,500)	-
RKBC - Grenfell	-	(4,125)
London Community Foundation	-	(6,950)
	510,949	312,817
Analysis of Grants Receivable & Other Income		
Restricted	453,542	287,534
Unrestricted	57,407	25,283
	510,949	312,817
2 Direct charitable expenditure		
Staff costs	161,127	120,451
Staff pension costs	9,051	6,823
Commissioning expenses	299,804	218,944
Other running costs	5,553	6,003
	475,535	352,221
3 Management & administration costs		
Accountancy	4,045	1,944
	4,045	1,944

THE HEALTH FORUM
(Private Company Limited by Guarantee)
Notes to the financial statements
for the year ended 31 March 2024

	2023/24	2022/23
4 Debtors		
Accrued income	10,341	41,184
5 Creditors		
Amounts falling due within one year:		
Other taxation & social security	5,035	3,463
Deferred income	225,277	94,575
Other creditors & accruals	9,528	5,443
	<u>239,840</u>	<u>103,481</u>

	01/04/2023	Income	2023/24 Expenditure	Transfers	31/03/2024
6 Reserve Funds					
Analysis of funds:					
Core Funding (funded by West London CCG)	-	52,300	(52,300)	-	-
Cancer project (funded by West London CCG)	-	17,500	(14,500)	-	3,000
Core Funding (funded by R B Kensington & Chelsea)	-	17,000	(17,000)	-	-
Grenfell (Funded by R B Kensington & Chelsea)	-	10,875	-	(10,875)	-
National Lottery	-	150,773	(150,773)	-	-
The Royal Marsden	-	97,149	(89,149)	-	8,000
Cornerstone (funded by City of London)	-	17,000	(17,000)	-	-
Comic Relief - Intermediary Grant Project	-	84,520	(84,520)	-	-
ICB -Suicide Project	-	10,000	(6,000)	-	4,000
London Community Foundation	-	6,950	(6,950)	-	-
	-	464,067	(438,192)	(10,875)	15,000
Unrestricted:					
Community Living Well Project (Funded by KCSC & West London CCG)	-	40,526	(30,513)	-	10,013
Grenfell (Funded by R B Kensington & Chelsea)	-	-	(10,875)	10,875	-
The Advocacy Project	-	6,006	-	-	6,006
Designated fund - staff & running costs	64,000	-	-	-	64,000
Unrestricted - general reserve	16,291	350	-	-	16,641
	<u>80,291</u>	<u>510,949</u>	<u>(479,580)</u>	<u>-</u>	<u>111,660</u>

Details of projects undertaken during the year under review are included in the Directors'/Trustees Report on pages 2 to 6.

THE HEALTH FORUM**(Private Company Limited by Guarantee)****Notes to the financial statements****for the year ended 31 March 2024**

	01/04/2022	Income	2022/23 Expenditure	Transfers	31/03/2023
6 Reserve Funds					
Analysis of funds:					
Core Funding (funded by West London CCG)	4,441	41,152	(45,593)	-	-
Core Funding (funded by Royal Borough of Kensington & Chelsea)	-	17,000	(17,000)	-	-
Grenfell (funded by R B Kensington & Chelsea)	-	11,625	(11,625)	-	-
National Lottery	-	87,500	(87,500)	-	-
Voluntary Sector Support Community Research (Funded by West London CCG)		-		-	-
Community Research Project (Funded by City Bridge Trust)		-		-	-
Focus Group Engagement (Funded by West London CCG)		-			-
Cornerstone (funded by City of London)	6,000	-	(6,000)	-	-
Community Research Project (Funded by City of London)	-	-	-	-	-
Comic Relief - Intermediary Grant Project	18,693	113,333	(132,026)	-	-
Adapt & Innovate Project	-	12,376	(12,376)	-	-
London Community Foundation	-	3,050	(3,050)		-
	29,134	286,036	(315,170)	-	-
Unrestricted:					
Community Living Well Project (Funded by KCSC & West London CCG)	10,750	24,333	(35,083)		-
Neighbourhood Keepers Project (Funded by Westminster City Council)					-
Oureach Vaccination Project (Funded by Westminster City Council & R B Kensington & Chelsea)	3,455	-	(3,455)		-
Designated fund - staff & running costs	55,500	-	-	8,500	64,000
Unrestricted - general reserve	22,800	2,448	(457)	(8,500)	16,291
	121,639	312,817	(354,165)	-	80,291

7 Analysis between fund balances

	Restricted	2023/24 Unrestricted	Total
Net Current Assets	15,000	96,660	111,660
	Restricted	2022/23 Unrestricted	Total
Net Current Assets	-	80,291	80,291

8 Transactions with Board of Trustees

No remuneration is payable to the Trustees. Any transactions involving the Trustees were carried out in the normal course of activities undertaken by the Charity.

THE HEALTH FORUM
(Private Company Limited by Guarantee)
Detailed income and expenditure account
for the year ended 31 March 2024

	2023/24	2022/23
	£	£
Income		
Grants receivable	510,599	310,369
Donations & income	350	2,448
	<u>510,949</u>	<u>312,817</u>
Direct charitable expenditure:		
Staff costs	170,178	127,274
Commissioning projects	299,804	218,944
Room hire	2,326	1,850
Forum meeting expenses	1,197	802
Equipment & repairs	499	1,039
Insurance	570	609
Printing, postage & stationery	335	870
Telephone & internet costs	240	480
Website	134	273
Travel	-	31
Sundry expenses	252	49
	<u>475,535</u>	<u>352,221</u>
Management & administration costs:		
Accountancy	4,045	1,944
	<u>4,045</u>	<u>1,944</u>
NET INCOMINGS/(OUTGOINGS) IN YEAR	<u><u>31,369</u></u>	<u><u>(41,348)</u></u>

THE HEALTH FORUM

England & Wales - Charity number 1151980

Accounts

THE HEALTH FORUM

(Private Company Limited by Guarantee)

REPORT AND FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2023

COMPANY REG NO. 08013774

CHARITY NO. 1151980

	<u>Page</u>
Legal and administration information	1
Report of the trustees	2-4
Independent examiners' report	5
Statement of Financial Activities	6
Balance Sheet	7
Accounting policies	8
Notes forming part of the financial statements	9-11
Detailed income & expenditure account	12

Pages 5 and 12 do not form part of the statutory accounts.

Board of Trustees	Edward Kay Kiu Chan* Judith Mary Blakeman* Filsan Hassan Ali* Gladys Marion Jusu-Sheriff* Meerat Kaur* Marie Tameze* Kaveh Kalantari* David Truswell* Alison Devlin* Abdul Aziz Toki* Halaleh Taheri*
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*** Trustees are also for the purpose of the Companies Act 2006 company directors.**

Company Secretary	Nafsika Thalassis
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Administration and registered office	Churchstreet Neighbourhood Centre Cherwell House Penfold Street London NW8 8PT
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Charity registration no.:	1151980
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Company registration no.:	08013774 (England & Wales)
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Reporting accountants	TKG Partnership Ltd Chartered Accountants Unit 3, Gateway Mews Ringway London N11 2UT
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Bankers:	The Co-operative Bank
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Funding authorities:	North West London CCG Westminster Council Kensington & Chelsea Social Council Royal Borough of Kensington & Chelsea City of London Comic Relief Imperial Health Charity Imperial College London
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The trustees, who are also directors of the charity for the purposes of the Companies Act, present their annual report together with the audited financial statements of the charity for the year ended 31 March 2023.

Structure, Governance and Management

Governing Document

The Health Forum operating under 'BME Health Forum' is a company limited by guarantee and obtained charitable status from the Charity Commission on 10 May 2013. The company was established under a Memorandum of Association which established the objects and powers of the charitable company and is governed under its Articles of Association. In the event of the company being wound up members are required to contribute an amount not exceeding £1.

The Board delegates the day-to-day operation of the organisation to the Executive Director. The Trustees meet formally once every 3 months.

Recruitment & Appointment of Trustees

The Trustees and Directors who have served throughout the year are shown on page 1. Appointment of directors/trustees is governed by the Memorandum & Articles of Association.

Trustee Induction and Training

All new Board Members are introduced to current Board Members, and Receive an Induction pack which includes a Board Handbook. All Board Members participate in training on good governance.

Charitable Objectives

The preservation and protection of health and promotion of good health with a particular focus on, but not limited to, people from the black and minority ethnic communities, principally in, but not limited to, the London Boroughs of Kensington and Chelsea, Westminster and Hammersmith & Fulham. The aim of the forum is to inform policy, locally and nationally and assist in promulgating effective policies and good practice in order to contribute to reducing health inequalities and improved health outcomes for people from the black and minority ethnic communities.

Risk Management

The trustees review the major risks that the charity faces on a regular basis and are satisfied that systems are in place to mitigate exposure to the major risks. Internal risks are minimised by the implementation of policies and procedures for authorisation of all transactions and projects and to ensure consistent quality of delivery for all operational aspects of the charitable company. These procedures are periodically reviewed to ensure that they still meet the needs of the charity.

Public Benefit

All our activities aim to reduce health inequalities and improve health and wellbeing outcomes for people from deprived communities and ensure that health and social policies and service development are informed by the views of local communities.

Section 4 of the Charities Act 2011

The trustees actively review guidance issued by the Charity Commission as required by section 4 of the Charities Act 2011, to ensure compliance with such guidance.

Activities and achievements

The trustees consider that the charity's activities in meeting its objectives have been most satisfactory during the year under review.

Future developments

Some funding has now been secured for the Charity's core activities for 2023/24. This is a good position but we need to continue to build on it to ensure we continue to deliver services for BME communities.

Summary

The BME Health Forum had very good year in 2022/23. We completed the Comic Relief Global Majority grants program, the healthy lifestyles project and the Cornerstone projects. We started the Health advocacy project, the Grenfell project, the Staying Safe project and the Together for London project. We continued with our Community Living well project. We created a new post and employed a new member of staff, Phayza Fudlalla who is our engagement manager. During the year, we were lead organisation in 5 partnerships of BME organisations which meant we were able to pass on £121,685 to 11 BME organisations. We also gave £97,259 to 18 additional BME organisations in the form of grants as intermediary partner of Comic Relief.

THE HEALTH FORUM**(Private Company Limited by Guarantee)****Directors' & Trustees' Report for the Year Ended 31 March 2023****(Continued)****Summary**

Organisations funded by the BME Health Forum in 2022-23	
Al-Hasaniya Moroccan Women's Centre	21,750
ASKI	6,140
Autism Voice UK	2,730
Central London Youth Development	7,372
Connect: North Korea	3,960
ESDEG	8,000
Ethiopian Women's Empowerment Group (EWEG)	10,200
Fifty Plus Aged Eritrean Welfare Association	1,500
French African Welfare Association	27,875
Future Focus Network	1,730
Iranian Association	27,550
Jags Foundation	4,330
Kanlungan	2,500
Lambeth Elderly	3,877
Marylebone Bangladesh Society	7,500
Midaye Somali Development Network	39,965
Middle Eastern Women and Society	600
Minaret Community Centre	3,990
Mosaic Community Trust	500
Place At My Table	3,475
Refugee Action	7,662
Suvai Deaf East Community	3,976
The Mentoring Lab	3996
Third Sector Media	2,220
Young Steps	3975
Youth League UK	7,189
Youth Learning	3,982
Wand UK	400
Total	218,944

Comic Relief intermediary grant project

In 22/23 we continued to fund 21 organisations and projects for global majority communities. These included: Suvai Deaf East Community café for weekly advice and fitness activities to BME deaf people; Autism Voice for weekly sessions for wellbeing and gardening for BME Autistic people and parent carers; Connect North Korea to support North Korean refugees and asylum seekers during the pandemic; ESDEQ to provide holistic tailored support to BME families with SEND children; Kanlungan to provide support to the Filipino LGBTQ+ community; Young steps to provide support to young women of Black African or Black Caribbean background. All projects concluded successfully.

Grenfell Emotional Wellbeing Project

We delivered this project in North Kensington for Grenfell affected communities in a partnership with Al-Hasaniya Moroccan Women's centre, Eritrean Welfare Association, Ethiopian Women's Empowerment Group, Midaye Somali Development Network and the French African Welfare Association. The project supported 43 clients with their emotional and practical needs.

Staying Safe Project is a project delivered in partnership with The Advocacy Project. The project involved engaging with BME organisations, delivering adult safeguarding training to organisations and then supporting them to deliver the training to their own communities. Thirteen BME organisations took part in this project, including Al-Manar, Abdul Mageed Education Trust, Westminster Bangladesh Welfare Trust, Eritrean Parents and Children Association, Migrants Organise, Queens Park Bangladeshi Association, Dadihiye, Persian Care centre, WAND UK, Sudanese Information and Advice Centre, and the Sudanese Supplementary School.

Together for London was a project funded by the London Community Foundation. We delivered a partnership with 3 other organisations: Marylebone Bangladesh Association, Ethiopian Women's Empowerment Group and Middle Eastern Women and Society. The project supported 36 clients with emotional support and support around the cost of living crisis.

THE HEALTH FORUM
(Private Company Limited by Guarantee)
Directors' & Trustees' Report for the Year Ended 31 March 2023
(Continued)

Health Advocacy Project (Cornerstone)

In September 2022, we began our Health advocacy project funded by the National Lottery. This project is being delivered with 6 other partners: Ethiopian Women's Empowerment Group, Marylebone Bangladesh Society, French African Welfare Association, Iranian Association, Al-Hasaniya Moroccan Women's Centre, Midaye Somali Development Network. Each partner hosts a part-time health advocate who supports individual clients access the NHS fully. At the same time the BME Health Forum advocates on behalf of the clients with the NHS to bring about systemic change in terms of the barriers faced by BME patients accessing services.

Community Living Well Project

We delivered this project to people registered with GPs in North Westminster and Kensington & Chelsea in a partnership with Al-Hasaniya Moroccan Women's Centre, the Iranian Association, Midaye Somali Development Network and the French African Welfare Association. The project supported 119 clients with their emotional and practical needs.

Healthy Lifestyle Project

We delivered this project in a partnership with 4 other organisations: Midaye Somali Development Network, Iranian Association, Central London Youth Development and French African Welfare Association. In this project we supported 91 clients to make lifestyle changes with their diet, physical activity and habits. Each client chose 3 lifestyle changes to make and was supported over 3 months.

Financial review

Total income for the year amounted to £312,817 with total expenditure amounting to £354,165 leaving a deficit in the year of £41,348.

Accumulated reserves at the balance sheet date amounted to £80,291, of which £80,291 represent income reserves.

Reserves Policy

The trustees have established a policy where unrestricted reserves should be at equivalent to 6 months of annual expenditure by setting up a designated reserve, namely 'Staff & Running Cost Reserve'. At the year end the reserves held in this fund amounted to £64,000 and the unrestricted general reserve was £16,291. The amount required under this policy based on current expenditure is in the region of £72,000. Overall the trustees consider the financial position of the charity to be satisfactory.

Responsibilities of Trustees

The trustees are required by company law to prepare financial statements for each financial year which give a true and fair view of the charity's financial activities during the year and of its financial position at the end of the year. In preparing those financial statements, the trustees are required to:

- select suitable accounting policies and apply them consistently;
- make judgments and estimates that are reasonable and prudent;
- prepare financial statements on a going concern basis unless it is inappropriate to presume that the charity will continue in operation.

The trustees are responsible for keeping adequate accounting records which disclose with reasonable accuracy at any time the financial position of the charity and enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Trustee Members

The trustees who are directors for the purpose of company law who have served during the year and up to the date of this report are set out on page 1.

Reporting Accountants

A resolution proposing their re appointment of TKG Partnership Ltd as Reporting Accountants will be put to the members at the next AGM.

Approval

This report has been prepared in accordance with the Statement of Recommended Practice: Accounting and Reporting by Charities (revised in May 2008) and in accordance with the Provisions of Part 15 of the Companies Act 2006 applicable to companies subject to the small companies regime.

Approved by the trustees and signed on its behalf:

.....
Name: K Kalantari

Date 27 November 2023

I report to the Trustees on my examination of the accounts of The Health Forum (the charity), charity number 1151980, for the year ended 31 March 2023, which are set out on pages 6 to 11.

Respective responsibilities of trustees and examiner

The charity's Trustees are responsible for the preparation of the accounts in accordance with the Charities Act 2011 ('the Act').

The charity's Trustees consider that an audit is not required for this year under section 144 of the Act and that an independent examination is needed.

It is my responsibility to:

- examine the accounts under section 145 of the Charities Act
- to follow the applicable directions given by the Charity Commission (under section 145(5)(b) of the Act, and
- to follow the applicable directions given by the Charity Commission (under section 145(5)(b) of the Act, and
- to state whether particular matters have come to my attention

Basis of independent examiner's statement

My examination was carried out in accordance with 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 these records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from the 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 below.

Independent examiner's statement

Since your charity's gross income exceeded £250,000 your examiner must be a member of a listed body. I can confirm that I am qualified to undertake the examination because I am a member of the Institute of Chartered Accountants in England and Wales which is one of the listed bodies.

In connection with my examination, no material matters have come to my attention which gives me cause to believe, that in any material respect:

- the accounting records were not kept in accordance with section 130 of the Charities Act 2011
- the accounts did not accord with the accounting records: or
- the accounts did not comply with the applicable requirements concerning the form and contents of accounts set in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a 'true and fair' view which is not a matter considered as part of an independent examination.

I have no concerns and have come across no other matter in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

Chrysostomos Kyprianou
TKG Partnership Ltd
Chartered Accountants

3, Gateway Mews
Ringway
Bounds Green
London N11 2UT

Date 27 November 2023

THE HEALTH FORUM
(Private Company Limited by Guarantee)
Statement of financial activities
for the year ended 31 March 2023

	<u>Notes</u>	<u>Restricted Funds</u> £	<u>Unrestricted Funds</u> £	<u>Total 2022/23</u> £	<u>Total 2021/22</u> £
Incoming Resources					
Grants receivable	1	287,534	22,835	310,369	376,333
Other income & donations		-	2,448	2,448	680
Total incoming resources		<u>287,534</u>	<u>25,283</u>	<u>312,817</u>	<u>377,013</u>
Resources Expended					
Direct charitable expenditure	2	314,724	37,497	352,221	342,272
Management and administration	3	1,944	-	1,944	3,010
Total resources expended		<u>316,668</u>	<u>37,497</u>	<u>354,165</u>	<u>345,282</u>
NET SURPLUS/(DEFICIT)		<u>(29,134)</u>	<u>(12,214)</u>	<u>(41,348)</u>	<u>31,731</u>
		<u>Restricted Funds</u> £	<u>Unrestricted/ designated Funds</u> £	<u>Total 2022/23</u> £	<u>Total 2021/22</u> £
Net movement in funds for the year		(29,134)	(12,214)	(41,348)	31,731
Total funds brought forward		29,134	92,505	121,639	89,908
Transfer (to)/from in the year		-	-	-	-
Total funds carried forward		<u>-</u>	<u>80,291</u>	<u>80,291</u>	<u>121,639</u>

The statement of financial activities includes all gains and losses in the year. All incoming resources and resources expended derive from continuing activities.

THE HEALTH FORUM
(Private Company Limited by Guarantee)
BALANCE SHEET
AS AT 31 MARCH 2023

	<u>Notes</u>	<u>2022/23</u>		<u>2021/22</u>	
		£	£	£	£
Current Assets					
Debtors	4	41,184		19,947	
Cash at bank and in hand		<u>142,588</u>		<u>219,244</u>	
		183,772		239,191	
Creditors: amounts falling due within one year	5	<u>(103,481)</u>		<u>(117,552)</u>	
Net current assets			<u>80,291</u>		<u>121,639</u>
Total assets less current liabilities			<u><u>80,291</u></u>		<u><u>121,639</u></u>
Funds					
Restricted funds					
- Grants fund	6		-		29,134
Designated funds					
- staff & running costs fund	6		64,000		55,500
Unrestricted income funds:					
- general funds	6		<u>16,291</u>		<u>37,005</u>
			<u><u>80,291</u></u>		<u><u>121,639</u></u>

The Company is a private company limited by guarantee and incorporated in England. Its registered office is at Churchstreet Neighbourhood Centre, Chartwell House, Penfold Street. London NW8 8PT.

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 in accordance with section 476 of the Companies Act 2006.

The directors acknowledge their responsibility for complying the requirements of the Companies Act 2006 with respect to accounting records and for the preparation of the accounts.

The accounts have been prepared in accordance with the micro entity provisions of the Companies Act 2006 and FRS 105, The Financial Reporting Standard applicable to the Micro-entities Regime. The accounts have been delivered in accordance with the provisions applicable to companies subject to the small companies regime. The income and expenditure account has not been delivered to the Registrar of Companies.

Approved by the Trustees /Directors and signed on their behalf on 27 November 2023

.....
Name: D Truswell

Trustee & Company Director

Accounting policies

The principal accounting policies adopted, judgments and key sources of estimation uncertainty in the preparation of financial statements are as follows

Basis of Preparation

The accounts have been prepared in accordance with the micro entity provisions of the Companies Act 2006 and FRS105, The Financial Reporting Standard applicable to Micro-Entities Regime. The accounts have been delivered in accordance with the provisions applicable to companies subject to the small companies regime.

Incoming resources

Income (including income from government and other grants) is recognised when the charity has entitlement to the funds, any performance conditions attached to the items of income have been met, it is probable that the income will be received and the amount can be measured reliably.

Interest and investment income receivable

Interest on funds held on deposit and income from investments held is included when receivable and the amount can be measured reliably by the charity.

Fund accounting

Unrestricted funds are available to spend on activities that further any of the purposes of charity. Designated funds are unrestricted funds of the charity which the trustees have decided at their discretion to set aside for a specific purpose. Restricted funds are donations or grants which the donor has specified are to be solely used for a particular purpose or area of the Trust's work or projects being undertaken by the Trust.

Expenditure and irrecoverable VAT

Expenditure is recognised once there is a legal or constructive obligation to make a payment to a third party, it is probable that settlement will be required and the amount of the obligation can be measured reliably. Expenditure is classified under the following headings:

- cost of raising funds comprise the cost of commercial trading
- expenditure on charitable activities includes the cost of operating the nursery and outreach services
- management and administration includes support costs for those functions that assist the work of the charity

Irrecoverable VAT is charged as a cost against the activity for which the expenditure has been incurred.

Taxation

As a grant aided charity with charitable status the charity's activities do not create a charge to corporation tax.

Operating leases

Rentals paid under operating leases are charged to income on a straight line basis over the lease term.

Debtors

Trade and other debtors are recognised at the settlement amount due after any trade discount offered. Prepayments are valued at the amount prepaid net of any trade discounts due.

Creditors and provisions

Creditors and provisions are recognised where the charity has a present obligation resulting from a past event that will probably result in the transfer of funds to a third party and the amount due to settle the obligation can be measured or estimated reliably.

Financial instruments

The trust has only has financial assets and financial liabilities of a kind that qualify as basic financial instruments. The charity does not acquire put options, derivatives or other complex financial instruments. The main form of financial risk faced by the charity is that of volatility in equity and investment markets due to wider economic conditions, the attitude of investors to risk, and changes in sentiment concerning equities.

Pensions

The Trust operates a defined contribution pension scheme.

THE HEALTH FORUM
(Private Company Limited by Guarantee)
Notes to the financial statements
for the year ended 31 March 2023

	2022/23	2021/22
	£	£
1 Grants receivable & other income		
North West London CCG	41,152	41,364
Westminster Council (unrestricted)	-	16,560
Kensington & Chelsea Social Council (unrestricted)	30,333	46,564
R B of Kensington & Chelsea	17,000	31,000
R B of Kensington & Chelsea (unrestricted)	-	2,500
R B of Kensington & Chelsea	12,376	-
City of London	-	36,700
Comic Relief	20,000	18,000
RKBC - Grenfell	15,750	-
National Lottery	150,000	-
London Community Foundation	10,000	-
Imperial Health Charity	-	28,478
Imperial College London	1,498	610
Other income (Unrestricted)	950	70
	299,059	221,846
Add: Amounts deferred 2022:		
Comic Relief	108,333	260,000
Westminster Council (unrestricted)	-	2,000
Royal Borough of Kensington & Chelsea (unrestricted)	-	1,500
	407,392	485,346
Less: Amounts deferred:		
Comic Relief	(15,000)	(108,333)
National Lottery	(62,500)	-
Kensington & Chelsea Social Council (unrestricted)	(6,000)	-
RKBC - Grenfell	(4,125)	-
London Community Foundation	(6,950)	-
	312,817	377,013
Analysis of Grants Receivable & Other Income		
Restricted	287,534	303,209
Unrestricted	25,283	73,804
	312,817	377,013
2 Direct charitable expenditure		
Staff costs	120,451	97,639
Staff pension costs	6,823	5,636
Commissioning expenses	218,944	229,494
Other running costs	6,003	9,503
	352,221	342,272
3 Management & administration costs		
Accountancy	1,944	1,700
Consultancy fees	-	1,310
	1,944	3,010
4 Debtors		
Accrued income	41,184	19,947

2022/23 **2021/22**

5 Creditors

Amounts falling due within one year:

Other taxation & social security	3,463	2,540
Deferred income	94,575	108,333
Other creditors & accruals	5,443	6,679
	<u>103,481</u>	<u>117,552</u>

6 Reserve Funds

Analysis of funds:

Core Funding (funded by West London CCG)

01/04/2022	Income	2022/23 Expenditure	Transfers	31/03/2023
4,441	41,152	(45,593)	-	-

Core Funding (funded by R B Kensington & Chelsea)

-	17,000	(17,000)	-	-
---	--------	----------	---	---

Grenfell (Funded by R B Kensington & Chelsea)

-	11,625	(11,625)	-	-
---	--------	----------	---	---

National Lottery

-	87,500	(87,500)	-	-
---	--------	----------	---	---

Cornerstone (funded by City of London)

6,000	-	(6,000)	-	-
-------	---	---------	---	---

Comic Relief - Intermediary Grant Project

18,693	113,333	(132,026)	-	-
--------	---------	-----------	---	---

Adapt & Innovate Project

-	12,376	(12,376)	-	-
---	--------	----------	---	---

London Community Foundation

-	3,050	(3,050)	-	-
---	-------	---------	---	---

29,134	286,036	(315,170)	-	-
--------	---------	-----------	---	---

Unrestricted:

Community Living Well Project (Funded by KCSC & West London CCG)

10,750	24,333	(35,083)	-	-
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Outreach Vaccination Project (funded by Westminster City Council and R B Kensington & Chelsea)

3,455	-	(3,455)	-	-
-------	---	---------	---	---

Designated fund - staff & running costs

55,500	-	-	8,500	64,000
--------	---	---	-------	--------

Unrestricted - general reserve

22,800	2,448	(457)	(8,500)	16,291
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121,639	312,817	(354,165)	-	80,291
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Details of projects undertaken during the year under review are included in the Directors'/Trustees Report on pages 3 & 4.

THE HEALTH FORUM
(Private Company Limited by Guarantee)
Notes to the financial statements
for the year ended 31 March 2023

6 Reserve Funds

Analysis of funds:

Core Funding (funded by West London CCG)

	01/04/2021	Income	2021/22 Expenditure	Transfers	31/03/2022
Core Funding (funded by West London CCG)	7,757	41,364	(44,680)	-	4,441
Core Funding (funded by Royal Borough of Kensington & Chelsea)	-	8,500	(8,500)	-	-
Voluntary Sector Support Community Research (Funded by West London CCG)	4,376	-	(4,376)	-	-
Community Research Project (Funded by City Bridge Trust)	1,519	-	(1,519)	-	-
Focus Group Engagement (Funded by West London CCG)	500	-	(500)	-	-
Cornerstone (funded by City of London)	-	23,000	(17,000)	-	6,000
Community Research Project (Funded by City of London)	-	13,700	(13,700)	-	-
Comic Relief - Intermediary Grant Project	-	169,667	(150,974)	-	18,693
Multilingual Emotional Wellbeing Project (funded by Imperial Health Charity)	-	28,478	(28,478)	-	-
Multilingual Emotional Wellbeing Project (funded by R B of Kensington & Chelsea)	-	18,500	(18,500)	-	-
	14,152	303,209	(288,227)	-	29,134
Unrestricted:					
Community Living Well Project (Funded by KCSC & West London CCG)	7,250	46,564	(34,295)	(8,769)	10,750
Neighbourhood Keepers Project (Funded by Westminster City Council)	2,200	5,000	(7,200)	-	-
Oureach Vaccination Project (Funded by Westminster City Council & R B Kensington & Chelsea)	-	17,000	(13,545)	-	3,455
Designated fund - staff & running costs	55,500	-	-	-	55,500
Unrestricted - general reserve	10,806	5,240	(2,015)	8,769	22,800
	89,908	377,013	(345,282)	-	121,639

7 Analysis between fund balances

	Restricted	2022/23 Unrestricted	Total
Net Current Assets	-	80,291	80,291
	Restricted	2021/22 Unrestricted	Total
Net Current Assets	29,134	92,505	121,639

8 Transactions with Board of Trustees

No remuneration is payable to the Trustees. Any transactions involving the Trustees were carried out in the normal course of activities undertaken by the Charity.

THE HEALTH FORUM

England & Wales - Charity number 1151980

Accounts

THE HEALTH FORUM

(Private Company Limited by Guarantee)

REPORT AND FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2022

COMPANY REG NO. 08013774

CHARITY NO. 1151980

	<u>Page</u>
Legal and administration information	1
Report of the trustees	2-4
Independent examiners' report	5
Statement of Financial Activities	6
Balance Sheet	7
Accounting policies	8
Notes forming part of the financial statements	9-11
Detailed income & expenditure account	12

Pages 5 and 12 do not form part of the statutory accounts.

Board of Trustees	Edward Kay Kiu Chan Judith Mary Blakeman Filsan Hassan Ali Gladys Marion Jusu-Sheriff Meerat Kaur Mary Tameze Kaveh Kalantari David Truswell Alison Devlin Abdul Aziz Toki Halaleh Taheri
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*** Trustees are also for the purpose of the Companies Act 2006 company directors.**

Company Secretary	Nafsika Thalassis
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Administration and registered office	Churchstreet Neighbourhood Centre Cherwell House Penfold Street London NW8 8PT
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Charity registration no.:	1151980
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Company registration no.:	08013774 (England & Wales)
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Reporting accountants	TKG Partnership Ltd Chartered Accountants Unit 3, Gateway Mews Ringway London N11 2UT
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Bankers:	The Co-operative Bank
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Funding authorities:	North West London CCG Westminster Council Kensington & Chelsea Social Council Royal Borough of Kensington & Chelsea City of London Comic Relief Imperial Health Charity Imperial College London
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The trustees, who are also directors of the charity for the purposes of the Companies Act, present their annual report together with the audited financial statements of the charity for the year ended 31 March 2022.

Structure, Governance and Management

Governing Document

The Health Forum operating under 'BME Health Forum' is a company limited by guarantee and obtained charitable status from the Charity Commission on 10 May 2013. The company was established under a Memorandum of Association which established the objects and powers of the charitable company and is governed under its Articles of Association. In the event of the company being wound up members are required to contribute an amount not exceeding £1.

The Board delegates the day-to-day operation of the organisation to the Executive Director. The Trustees meet formally once every 3 months.

Recruitment & Appointment of Trustees

The Trustees and Directors who have served throughout the year are shown on page 1. Appointment of directors/trustees is governed by the Memorandum & Articles of Association.

Trustee Induction and Training

All new Board Members are introduced to current Board Members, and Receive an Induction pack which includes a Board Handbook. All Board Members participate in training on good governance.

Charitable Objectives

The preservation and protection of health and promotion of good health with a particular focus on, but not limited to, people from the black and minority ethnic communities, principally in, but not limited to, the London Boroughs of Kensington and Chelsea, Westminster and Hammersmith & Fulham. The aim of the forum is to inform policy, locally and nationally and assist in promulgating effective policies and good practice in order to contribute to reducing health inequalities and improved health outcomes for people from the black and minority ethnic communities.

Risk Management

The trustees review the major risks that the charity faces on a regular basis and are satisfied that systems are in place to mitigate exposure to the major risks. Internal risks are minimised by the implementation of policies and procedures for authorisation of all transactions and projects and to ensure consistent quality of delivery for all operational aspects of the charitable company. These procedures are periodically reviewed to ensure that they still meet the needs of the charity.

Public Benefit

All our activities aim to reduce health inequalities and improve health and wellbeing outcomes for people from deprived communities and ensure that health and social policies and service development are informed by the views of local communities.

Section 4 of the Charities Act 2011

The trustees actively review guidance issued by the Charity Commission as required by section 4 of the Charities Act 2011, to ensure compliance with such guidance.

Activities and achievements

The trustees consider that the charity's activities in meeting its objectives have been most satisfactory during the year under review.

Future developments

Some funding has now been secured for the Charity's core activities until April 2023. This is a good position but we need to continue to build on it to ensure we continue to deliver services for BME communities.

Summary

The BME Health Forum had a very productive year in 2021/22. We delivered the first part of our grants programme as intermediaries of the Comic Relief project. We were also successful in securing a cornerstone grant to develop a partnership to reduce health inequalities. We continued to deliver projects to raise awareness of Covid-19 vaccinations as well as delivering our multilingual emotional wellbeing project. During the year we led on 9 partnerships and 66% of our expenditure went to 29 BME organisations to support them deliver health and wellbeing projects to help BME communities.

THE HEALTH FORUM**(Private Company Limited by Guarantee)****Directors' & Trustees' Report for the Year Ended 31 March 2022****(Continued)****Summary**

Organisations funded by the BME Health Forum in 2021-22	
Abbey Community Association	12,200
Al-Hasaniya Moroccan Women's Centre	12,350
ASKI	9,200
Autism Voice UK	4,100
Central London Youth Development	7,750
Connect: North Korea	6,000
ESDEG	12,000
Ethiopian Women's Empowerment Group (EWEG)	1,000
French African Welfare Association	20,950
Future Focus Network	2,850
Iranian Association	30,820
Kanlungan	4,000
Lambeth Elderly	6,000
Marylebone Bangladesh Society	4,470
Midaye Somali Development Network	20,500
Middle Eastern Women's Society	6,600
Migrants Organise	300
Minaret Community Centre	6,000
Mosaic Community Trust	1275
Place At My Table	6,000
People Arise Now	299
Queens Park Bangladesh Association	4,000
Refugee Action	11,500
Suvai Deaf East Community	6,000
The Mentoring Lab	6000
Third Sector Media	3,330
Young Steps	6000
Youth League UK	12,000
Youth Learning	6,000
Total	229,494

Comic Relief intermediary grant project

As intermediaries of Comic Relief, we delivered two funding rounds for BME organisations in London, one for organisations with annual income over 100K and one for organisations with annual income below 100k. We committed funding to 21 organisations and currently all projects are progressing well.

Community Research project

We completed our community research project funded by City Bridge. We interviewed 375 BME London residents who experienced loneliness and isolation. We are currently finalising the report and our recommendations which will be published shortly.

Cornerstone Project

We put together a partnership of BME organisations to develop a project that would bring about systemic change to reduce health inequalities. Our project which will be funded by the National Lottery will see 6 BME organisations hosting health advocates to support the community and report to the NHS issues that require systemic change.

Coronavirus vaccination engagement projects

We held 3 online public meetings in partnership with Imperial college to inform BME communities about Covid19 vaccinations.

In May 2021 we held a small online event with the Chinese Information and Advice Centre where the organisation raised the issue that many of their members were undocumented migrants who were not registered with GPs and would therefore struggle to get vaccinated. We raised the issue with Westminster Council who agreed to hold an event in China town to vaccinate undocumented migrants. Thousands of people came to be vaccinated which was many more than the vaccination bus had capacity to vaccinate but as CIAC continued to inform their clients about the location of the vaccine bus, they estimate that over 2000 Chinese undocumented migrants were vaccinated this way.

THE HEALTH FORUM
(Private Company Limited by Guarantee)
Directors' & Trustees' Report for the Year Ended 31 March 2022
(Continued)

Coronavirus vaccination engagement projects (continued)

We worked with 4 BME organisations to telephone residents and give them information about vaccination and gather intelligence about any barriers to vaccination. We reach 553 households of BME residents and wrote a report about the issues brought up by the minority of residents who were hesitant about vaccination.

Multilingual Emotional Wellbeing Project

We worked with 7 organisations in 3 different partnerships to provide mother tongue emotional wellbeing support and practical help to over 300 people across North West London. Clients reported an average improvement of 45% in scores on the Warwick Edinburgh Mental Wellbeing Scale and 48% improvement in self-reported health.

Healthy Lifestyle Project

We started a new project in partnership with 4 BME organisations where we support clients over 3 months to make 3 lifestyle changes to improve their diet, physical activity and habits. We are supporting 100 clients and so far results are very positive. Clients are reporting success not only in weight loss but also in much improved emotional wellbeing and health.

Other Engagement Events

We also held public events around mental health, domestic abuse and end of life services.

Financial review

Total income for the year amounted to £377,013 with total expenditure amounting to £345,282 leaving a surplus in the year of £31,731.

Accumulated reserves at the balance sheet date amounted to £121,639, of which £121,639 represent income reserves.

Reserves Policy

The trustees have established a policy where unrestricted reserves should be at equivalent to 6 months of annual expenditure by setting up a designated reserve, namely 'Staff & Running Cost Reserve'. At the year end the reserves held in this fund amounted to £55,000 and the unrestricted general reserve was £26,255. The amount required under this policy based on current expenditure is in the region of £72,000. Overall the trustees consider the financial position of the charity to be satisfactory.

Responsibilities of Trustees

The trustees are required by company law to prepare financial statements for each financial year which give a true and fair view of the charity's financial activities during the year and of its financial position at the end of the year. In preparing those financial statements, the trustees are required to:

- select suitable accounting policies and apply them consistently;
- make judgments and estimates that are reasonable and prudent;
- prepare financial statements on a going concern basis unless it is inappropriate to presume that the charity will continue in operation.

The trustees are responsible for keeping adequate accounting records which disclose with reasonable accuracy at any time the financial position of the charity and enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Trustee Members

The trustees who are directors for the purpose of company law who have served during the year and up to the date of this report are set out on page 1.

Reporting Accountants

A resolution proposing their re appointment of TKG Partnership Ltd as Reporting Accountants will be put to the members at the next AGM.

Approval

This report has been prepared in accordance with the Statement of Recommended Practice: Accounting and Reporting by Charities (revised in May 2008) and in accordance with the Provisions of Part 15 of the Companies Act 2006 applicable to companies subject to the small companies regime.

Approved by the trustees and signed on its behalf:

.....
Name: K Kalantari

Date 30 August 2022

I report to the Trustees on my examination of the accounts of The Health Forum (the charity), charity number 1151980, for the year ended 31 March 2022, which are set out on pages 6 to 11.

Respective responsibilities of trustees and examiner

The charity's Trustees are responsible for the preparation of the accounts in accordance with the Charities Act 2011 ('the Act').

The charity's Trustees consider that an audit is not required for this year under section 144 of the Act and that an independent examination is needed.

It is my responsibility to:

- examine the accounts under section 145 of the Charities Act
- to follow the applicable directions given by the Charity Commission (under section 145(5)(b) of the Act, and
- to follow the applicable directions given by the Charity Commission (under section 145(5)(b) of the Act, and
- to state whether particular matters have come to my attention

Basis of independent examiner's statement

My examination was carried out in accordance with 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 these records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from the 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 below.

Independent examiner's statement

Since your charity's gross income exceeded £250,000 your examiner must be a member of a listed body. I can confirm that I am qualified to undertake the examination because I am a member of the Institute of Chartered Accountants in England and Wales which is one of the listed bodies.

In connection with my examination, no material matters have come to my attention which gives me cause to believe, that in any material respect:

- the accounting records were not kept in accordance with section 130 of the Charities Act 2011
- the accounts did not accord with the accounting records: or
- the accounts did not comply with the applicable requirements concerning the form and contents of accounts set in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a 'true and fair' view which is not a matter considered as part of an independent examination.

I have no concerns and have come across no other matter in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

Chrysostomos Kyprianou
TKG Partnership Ltd
Chartered Accountants

3, Gateway Mews
Ringway
Bounds Green
London N11 2UT

Date 30 August 2022

THE HEALTH FORUM
(Private Company Limited by Guarantee)
Statement of financial activities
for the year ended 31 March 2022

	<u>Notes</u>	<u>Restricted Funds</u> £	<u>Unrestricted Funds</u> £	<u>Total 2021/22</u> £	<u>Total 2020/21</u> £
Incoming Resources					
Grants receivable	1	303,209	73,124	376,333	238,491
Other income & donations		-	680	680	685
Total incoming resources		<u>303,209</u>	<u>73,804</u>	<u>377,013</u>	<u>239,176</u>
Resources Expended					
Direct charitable expenditure	2	294,667	47,605	342,272	222,106
Management and administration	3	3,010	-	3,010	1,882
Total resources expended		<u>297,677</u>	<u>47,605</u>	<u>345,282</u>	<u>223,988</u>
NET SURPLUS/(DEFICIT)		<u>5,532</u>	<u>26,199</u>	<u>31,731</u>	<u>15,188</u>
		<u>Restricted Funds</u> £	<u>Unrestricted/ designated Funds</u> £	<u>Total 2021/22</u> £	<u>Total 2020/21</u> £
Net movement in funds for the year		5,532	26,199	31,731	15,188
Total funds brought forward		23,602	66,306	89,908	74,720
Transfer (to)/from in the year		-	-	-	-
Total funds carried forward		<u>29,134</u>	<u>92,505</u>	<u>121,639</u>	<u>89,908</u>

The statement of financial activities includes all gains and losses in the year. All incoming resources and resources expended derive from continuing activities.

THE HEALTH FORUM
(Private Company Limited by Guarantee)
BALANCE SHEET
AS AT 31 MARCH 2022

	<u>Notes</u>	<u>2021/22</u>		<u>2020/21</u>	
		£	£	£	£
Current Assets					
Debtors	4	19,947		21,085	
Cash at bank and in hand		<u>219,244</u>		<u>346,177</u>	
		239,191		367,262	
Creditors: amounts falling due within one year	5	<u>(117,552)</u>		<u>(277,354)</u>	
Net current assets			<u>121,639</u>		<u>89,908</u>
Total assets less current liabilities			<u><u>121,639</u></u>		<u><u>89,908</u></u>
Funds					
Restricted funds					
- Grants fund	6	29,134		23,602	
Designated funds					
- staff & running costs fund	6	55,500		55,500	
Unrestricted income funds:					
- general funds	6	<u>37,005</u>		<u>10,806</u>	
		<u><u>121,639</u></u>		<u><u>89,908</u></u>	

The Company is a private company limited by guarantee and incorporated in England. Its registered office is at Churchstreet Neighbourhood Centre, Chartwell House, Penfold Street. London NW8 8PT.

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 in accordance with section 476 of the Companies Act 2006.

The directors acknowledge their responsibility for complying the requirements of the Companies Act 2006 with respect to accounting records and for the preparation of the accounts.

The accounts have been prepared in accordance with the micro entity provisions of the Companies Act 2006 and FRS 105, The Financial Reporting Standard applicable to the Micro-entities Regime. The accounts have been delivered in accordance with the provisions applicable to companies subject to the small companies regime. The income and expenditure account has not been delivered to the Registrar of Companies.

Approved by the Trustees /Directors and signed on their behalf

.....

Date 30 August 2022

Name: D Truswell

Trustee & Company Director

Accounting policies

The principal accounting policies adopted, judgments and key sources of estimation uncertainty in the preparation of financial statements are as follows

Basis of Preparation

The accounts have been prepared in accordance with the micro entity provisions of the Companies Act 2006 and FRS105, The Financial Reporting Standard applicable to Micro-Entities Regime. The accounts have been delivered in accordance with the provisions applicable to companies subject to the small companies regime.

Incoming resources

Income (including income from government and other grants) is recognised when the charity has entitlement to the funds, any performance conditions attached to the items of income have been met, it is probable that the income will be received and the amount can be measured reliably.

Interest and investment income receivable

Interest on funds held on deposit and income from investments held is included when receivable and the amount can be measured reliably by the charity.

Fund accounting

Unrestricted funds are available to spend on activities that further any of the purposes of charity. Designated funds are unrestricted funds of the charity which the trustees have decided at their discretion to set aside for a specific purpose. Restricted funds are donations or grants which the donor has specified are to be solely used for a particular purpose or area of the Trust's work or projects being undertaken by the Trust.

Expenditure and irrecoverable VAT

Expenditure is recognised once there is a legal or constructive obligation to make a payment to a third party, it is probable that settlement will be required and the amount of the obligation can be measured reliably. Expenditure is classified under the following headings:

- cost of raising funds comprise the cost of commercial trading
- expenditure on charitable activities includes the cost of operating the nursery and outreach services
- management and administration includes support costs for those functions that assist the work of the charity

Irrecoverable VAT is charged as a cost against the activity for which the expenditure has been incurred.

Taxation

As a grant aided charity with charitable status the charity's activities do not create a charge to corporation tax.

Operating leases

Rentals paid under operating leases are charged to income on a straight line basis over the lease term.

Debtors

Trade and other debtors are recognised at the settlement amount due after any trade discount offered. Prepayments are valued at the amount prepaid net of any trade discounts due.

Creditors and provisions

Creditors and provisions are recognised where the charity has a present obligation resulting from a past event that will probably result in the transfer of funds to a third party and the amount due to settle the obligation can be measured or estimated reliably.

Financial instruments

The trust has only has financial assets and financial liabilities of a kind that qualify as basic financial instruments. The charity does not acquire put options, derivatives or other complex financial instruments. The main form of financial risk faced by the charity is that of volatility in equity and investment markets due to wider economic conditions, the attitude of investors to risk. and changes in sentiment concerning equities.

Pensions

The Trust operates a defined contribution pension scheme.

THE HEALTH FORUM
(Private Company Limited by Guarantee)
Notes to the financial statements
for the year ended 31 March 2022

	2021/22	2020/21
	£	£
1 Grants receivable & other income		
North West London CCG	41,364	46,000
Westminster Council (unrestricted)	16,560	17,000
Kensington & Chelsea Social Council (unrestricted)	46,564	21,000
Royal Borough of Kensington & Chelsea	31,000	62,450
Royal Borough of Kensington & Chelsea (unrestricted)	2,500	-
City of London	36,700	84,211
Race Equality	-	11,330
Comic Relief	18,000	260,000
Imperial Health Charity	28,478	-
Imperial College London	610	-
Other income	70	685
	<u>221,846</u>	<u>502,676</u>
Add: Amounts deferred 2021:		
Comic Relief	260,000	-
Westminster Council (unrestricted)	2,000	-
Royal Borough of Kensington & Chelsea (unrestricted)	1,500	-
	<u>485,346</u>	<u>502,676</u>
Less: Amounts deferred:		
Comic Relief	(108,333)	(260,000)
Westminster Council (unrestricted)	-	(2,000)
Royal Borough of Kensington & Chelsea (unrestricted)	-	(1,500)
	<u>377,013</u>	<u>239,176</u>
Analysis of Grants Receivable & Other Income		
Restricted	303,209	227,846
Unrestricted	73,804	11,330
	<u>377,013</u>	<u>239,176</u>
2 Direct charitable expenditure		
Staff costs	97,639	53,167
Staff pension costs	5,636	3,259
Commissioning expenses	229,494	154,809
Other running costs	9,503	10,871
	<u>342,272</u>	<u>222,106</u>
3 Management & administration costs		
Accountancy	1,700	1,402
Consultancy fees	1,310	480
	<u>3,010</u>	<u>1,882</u>
4 Debtors		
Accrued income	<u>19,947</u>	<u>21,085</u>
5 Creditors		
Amounts falling due within one year:		
Other taxation & social security	2,540	1,544
Deferred income	108,333	263,500
Other creditors & accruals	6,679	12,310
	<u>117,552</u>	<u>277,354</u>

THE HEALTH FORUM
(Private Company Limited by Guarantee)
Notes to the financial statements
for the year ended 31 March 2022

	01/04/2021	Income	2021/22 Expenditure	Transfers	31/03/2022
6 Reserve Funds					
Analysis of funds:					
Core Funding (funded by West London CCG)	7,757	41,364	(44,680)	-	4,441
Core Funding (funded by R B Kensington & Chelsea)	-	8,500	(8,500)	-	-
Community Research Project (Funded by City Bridge Trust)	1,519	-	(1,519)	-	-
Focus Group Engagement (Funded by West London CCG)	500	-	(500)	-	-
Voluntary Sector-Support Community Research (Funded by West London CCG)	4,376	-	(4,376)	-	-
Cornerstone (funded by City of London)	-	23,000	(17,000)	-	6,000
Community Research Project (funded by City of London)	-	13,700	(13,700)	-	-
Comic Relief - Intermediary Grant Project	-	169,667	(150,974)	-	18,693
Multilingual Emotional Wellbeing Project (funded by R B of Kensington & Chelsea)	-	18,500	(18,500)	-	-
Multilingual Emotional Wellbeing Project (funded by Imperial Health Charity)	-	28,478	(28,478)	-	-
	14,152	303,209	(288,227)	-	29,134
Unrestricted:					
Community Living Well Project (Funded by KCSC & West London CCG)	7,250	46,564	(34,295)	(8,769)	10,750
Neighbourhood Keepers Project (funded by Westminster City Council)	2,200	5,000	(7,200)	-	-
Outreach Vaccination Project (funded by Westminster City Council and R B Kensington & Chelsea)	-	17,000	(13,545)	-	3,455
Designated fund - staff & running costs	55,500	-	-	-	55,500
Unrestricted - general reserve	10,806	5,240	(2,015)	8,769	22,800
	89,908	377,013	(345,282)	-	121,639

Details of projects undertaken during the year under review are included in the Directors'/Trustees Report on pages 3 & 4.

THE HEALTH FORUM
(Private Company Limited by Guarantee)
Notes to the financial statements
for the year ended 31 March 2022

6 Reserve Funds

Analysis of funds:

Core Funding (funded by West London CCG)

Voluntary Support Community Research
(Funded by West London CCG)

Neighbourhood Keepers Project (funded by
Westminster City Council)

Community Research Project (Funded by City
Bridge Trust)

Focus Group Engagement (Funded by West
London CCG)

Cornerstone (funded by City of London)

Community Living Well Project (Funded by KCSC
& West London CCG)

BME Innovation Project (Funded by KSC & West
London CCG)

Multilingual Emotional Wellbeing Project
(funded by R B of Kensington & Chelsea)

	2020/21			
	01/04/2020	Income	Expenditure	Transfers
				31/03/2021
	-	40,000	(32,243)	-
	-	6,000	(1,624)	-
	-	15,000	(12,800)	-
	-	11,330	(9,811)	-
	1,500	-	(1,000)	-
	-	84,211	(80,935)	(3,276)
	8,500	21,000	(22,250)	-
	2,375	-	(2,375)	-
	-	60,950	(60,950)	-
	12,375	238,491	(223,988)	(3,276)
				23,602
Unrestricted:				
Designated fund - staff & running costs	53,376	-	-	2,124
Unrestricted - general reserve	8,969	685	-	1,152
	74,720	239,176	(223,988)	-
				89,908

7 Analysis between fund balances

Net Current Assets

	2021/22	
	Restricted	Unrestricted
		Total
	29,134	92,505
		121,639

Net Current Assets

	2020/21	
	Restricted	Unrestricted
		Total
	23,602	66,306
		89,908

8 Transactions with Board of Trustees

No remuneration is payable to the Trustees. Any transactions involving the Trustees were carried out in the normal course of activities undertaken by the Charity.

THE HEALTH FORUM

England & Wales - Charity number 1151980

Accounts

THE HEALTH FORUM

(Private Company Limited by Guarantee)

REPORT AND FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2021

COMPANY REG NO. 08013774

CHARITY NO. 1151980

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Accounting policies	8
Notes forming part of the financial statements	9-10
Detailed income & expenditure account	11

Pages 5 and 11 do not form part of the statutory accounts.

Board of Trustees	Edward Kay Kiu Chan Brian Stuart Colman (resigned 15 January 2020) Judith Mary Blakeman Filsan Hassan Ali Gladys Marion Jusu-Sheriff Meerat Kaur Mary Tameze Kaveh Kalantari David Truswell Alison Devlin Abdul Aziz Toki Halaleh Taheri
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*** Trustees are also for the purpose of the Companies Act 2006 company directors.**

Company Secretary	Nafsika Thalassis
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Administration and registered office	Churchstreet Neighbourhood Centre Cherwell House Penfold Street London NW8 8PT
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Charity registration no.:	1151980
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Company registration no.:	08013774 (England & Wales)
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Reporting accountants	TKG Partnership Ltd Chartered Accountants Unit 3, Gateway Mews Ringway London N11 2UT
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Bankers:	The Co-operative Bank
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Funding authorities:	Central London CCG West London CCG Hammersmith & Fulham CCG Kensington & Chelsea Social Council Paddington Development Trust
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The trustees, who are also directors of the charity for the purposes of the Companies Act, present their annual report together with the audited financial statements of the charity for the year ended 31 March 2021.

Structure, Governance and Management

Governing Document

The Health Forum operating under 'BME Health Forum' is a company limited by guarantee and obtained charitable status from the Charity Commission on 10 May 2013. The company was established under a Memorandum of Association which established the objects and powers of the charitable company and is governed under its Articles of Association. In the event of the company being wound up members are required to contribute an amount not exceeding £1.

The Board delegates the day-to-day operation of the organisation to the Executive Director. The Trustees meet formally once every 3 months.

Recruitment & Appointment of Trustees

The Trustees and Directors who have served throughout the year are shown on page 1. Appointment of directors/trustees is governed by the Memorandum & Articles of Association.

Trustee Induction and Training

All new Board Members are introduced to current Board Members, and Receive an Induction pack which includes a Board Handbook. All Board Members participate in training on good governance.

Charitable Objectives

The preservation and protection of health and promotion of good health with a particular focus on, but not limited to, people from the black and minority ethnic communities, principally in, but not limited to, the London Boroughs of Kensington and Chelsea, Westminster and Hammersmith & Fulham. The aim of the forum is to inform policy, locally and nationally and assist in promulgating effective policies and good practice in order to contribute to reducing health inequalities and improved health outcomes for people from the black and minority ethnic communities.

Risk Management

The trustees review the major risks that the charity faces on a regular basis and are satisfied that systems are in place to mitigate exposure to the major risks. Internal risks are minimised by the implementation of policies and procedures for authorisation of all transactions and projects and to ensure consistent quality of delivery for all operational aspects of the charitable company. These procedures are periodically reviewed to ensure that they still meet the needs of the charity.

Public Benefit

All our activities aim to reduce health inequalities and improve health and wellbeing outcomes for people from deprived communities and ensure that health and social policies and service development are informed by the views of local communities.

Section 4 of the Charities Act 2011

The trustees actively review guidance issued by the Charity Commission as required by section 4 of the Charities Act 2011, to ensure compliance with such guidance.

Activities and achievements

The trustees consider that the charity's activities in meeting its objectives have been most satisfactory during the year under review.

Future developments

Some funding has now been secured for the Charity's core activities until April 2023. This is a good position but we need to continue to build on it to ensure we continue to deliver services for BME communities.

Summary

Despite the pandemic the BME Health Forum had a very productive year in 2020/21. Our funding increased substantially, and we recruited a new member of staff to manage some of our partnership projects. During the year, we led 7 partnerships and 69% of our expenditure went to BMEC organisations to support their delivery of projects to support BME communities. We hope to be able to sustain this proportion of expenditure in 2021/22.

THE HEALTH FORUM
(Private Company Limited by Guarantee)
Directors' & Trustees' Report for the Year Ended 31 March 2020
(Continued)

Summary

Organisations funded by the BME Health Forum in 2019-20	
Abbey Community Association	16,850
Al-Hasaniya Moroccan Women's Centre	11,400
Central London Youth Development	1,750
French African Welfare Association	31,154
Fifty Plus Aged Eritrean Welfare Association	2,398
Eritrean Parents and Children's Association	4,910
Ethiopian Women's Empowerment Group (EWEG)	1,010
Henna Asian Women	400
Iranian Association	38,910
Kulan Somali Organisation	500
Marylebone Bangladesh Society	7,785
Midaye Somali Development Network	13,425
Middle Eastern Women's Society	3,460
Mosaic Community Trust	1425
People Arise Now	400
Queens Park Bangladesh Association	10,883
Sudanese Nubian Association	4,750
WAND UK	3,400
Total	154,810

Covid-emergency Response Projects

We led two projects, the first in partnership with 3 organisations and the second in partnership with 5 organisations to support people from BME communities during the lockdown periods. This included supporting people with accessing food and medicine, providing emotional support, signposting to other services and providing advice and support on accessing benefits and other support. The first project reached 250 households and the second reached 350 households.

Test and Trace Project

In partnership with 11 organisations, we reached 950 BME households to talk to residents in their first language about Covid rules, the test and trace services and local authority support.

Dementia Awareness Project

We delivered dementia awareness workshops to 10 BME organisations who used the materials to deliver awareness sessions to over 300 in community languages.

Community Research Project on Loneliness and Isolation in BME Communities

We trained 16 volunteers from 10 community organisations to interview 400 BME community members who recently experienced loneliness and isolation about their situation, needs and experiences. The report will be published shortly.

Engagement About Covid-19 and Covid-19 Vaccinations

We held 4 on-line meetings with staff from community organisations and NHS clinicians to ensure that BME organisations had reliable information about Covid-19 and about vaccinations. We also supported 7 BME organisations with funds and contacts to hold on-line events with medical professionals and where possible in their mother tongue. We also held a special meeting for Black residents in English.

Community Living Well Project

In partnership with 4 community organisations we supported 100 residents experiencing common mental problems.

Neighbourhood Keepers Project

In partnership with 3 community organisations we are supporting 76 clients living in Church Street Ward, one of the poorest and most diverse wards in the UK. This project will be completed next year. On average, clients reported 20% improvement in their emotional wellbeing as measured by the Short Warwick Edinburgh Mental Wellbeing 5-point scale and 33% improvement in their general health.

Multilingual Emotional Wellbeing project

In partnership with 5 BME organisations we supported 189 people with emotional support and practical help. The clients' average improvement as measured by the Short Warwick Edinburgh Mental Wellbeing 5-point scale was 0.97 while 81% of the clients rated their general health as having improved by more than 10% at the end of the project.

Financial review

Total income for the year amounted to £239,176 with total expenditure amounting to £223,988 leaving a surplus in the year of £15,188.

Accumulated reserves at the balance sheet date amounted to £89,908, of which £89,908 represent income reserves.

Reserves Policy

The trustees have established a policy where unrestricted reserves should be at equivalent to 6 months of annual expenditure by setting up a designated reserve, namely 'Staff & Running Cost Reserve'. At the year end the reserves held in this fund amounted to £53,376. The amount required under this policy based on current expenditure is in the region of £65,000. The trustees will endeavour to achieve the level of reserves in accordance with the agreed policy in future. Overall the trustees consider the financial position of the charity to be satisfactory.

Responsibilities of Trustees

The trustees are required by company law to prepare financial statements for each financial year which give a true and fair view of the charity's financial activities during the year and of its financial position at the end of the year. In preparing those financial statements, the trustees are required to:

- select suitable accounting policies and apply them consistently;
- make judgments and estimates that are reasonable and prudent;
- prepare financial statements on a going concern basis unless it is inappropriate to presume that the charity will continue in operation.

The trustees are responsible for keeping adequate accounting records which disclose with reasonable accuracy at any time the financial position of the charity and enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Trustee Members

The trustees who are directors for the purpose of company law who have served during the year and up to the date of this report are set out on page 1.

Reporting Accountants

A resolution proposing their re appointment of TKG Partnership Ltd as Reporting Accountants will be put to the members at the next AGM.

Approval

This report has been prepared in accordance with the Statement of Recommended Practice: Accounting and Reporting by Charities (revised in May 2008) and in accordance with the Provisions of Part 15 of the Companies Act 2006 applicable to companies subject to the small companies regime.

Approved by the trustees and signed on its behalf:

Name: K Kalantari
Trustee & Company Director

12 November 2021

I report on the accounts of the charitable company for the year ended 31 March 2020 which are set out on pages 6 to 9.

Respective responsibilities of trustees and examiner

The trustees, who are also directors of the company 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 144 of the Charities Act 2011 and that an independent examination is needed. The charity is required by law to prepare accrued accounts and I am qualified to undertake such an examination by being a qualified member of the Institute of Chartered Accountants in England & Wales.

Having been satisfied 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) of the 2011 Act;
- to state whether particular matters have come to my attention.

Basis of independent examiners' 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.

Basis of independent examiners' report

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 s386 of the Companies Act 2006; and
 - prepare accounts which accord with the accounting records and to comply with the accounting requirements of the Companies Act 2006 and with the methods and principles of the Statement of Recommended Practice: Accounting and Reporting by Charities (revised 2005) 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.

Chrysostomos Kyprianou,
for and on behalf of TKG Partnership Ltd, Chartered Accountants
3 Gateway Mews, Ringway, London N11 2UT

12 November 2021

THE HEALTH FORUM
(Private Company Limited by Guarantee)
Statement of financial activities
for the year ended 31 March 2021

	<u>Notes</u>	<u>Restricted Funds</u> £	<u>Unrestricted Funds</u> £	<u>Total 2020/21</u> £	<u>Total 2019/20</u> £
Incoming Resources					
Grants receivable	1	227,161	11,330	238,491	138,970
Other income & donations		-	685	685	700
Total incoming resources		<u>227,161</u>	<u>12,015</u>	<u>239,176</u>	<u>139,670</u>
Resources Expended					
Direct charitable expenditure	2	214,052	8,054	222,106	124,985
Management and administration	3	1,882	-	1,882	2,116
Total resources expended		<u>215,934</u>	<u>8,054</u>	<u>223,988</u>	<u>127,101</u>
NET SURPLUS/(DEFICIT)		<u>11,227</u>	<u>3,961</u>	<u>15,188</u>	<u>12,569</u>
		<u>Restricted Funds</u> £	<u>Unrestricted/ designated Funds</u> £	<u>Total 2020/21</u> £	<u>Total 2019/20</u> £
Net movement in funds for the year		11,227	3,961	15,188	12,569
Total funds brought forward		12,375	62,345	74,720	62,151
Transfer (to)/from in the year		-	-	-	-
Total funds carried forward		<u>23,602</u>	<u>66,306</u>	<u>89,908</u>	<u>74,720</u>

The statement of financial activities includes all gains and losses in the year. All incoming resources and resources expended derive from continuing activities.

THE HEALTH FORUM
(Private Company Limited by Guarantee)
BALANCE SHEET
AS AT 31 MARCH 2021

	<u>Notes</u>	<u>2020/21</u>		<u>2019/20</u>	
		£	£	£	£
Current Assets					
Debtors	4	21,085		17,083	
Cash at bank and in hand		346,177		67,909	
		367,262		84,992	
Creditors: amounts falling due within one year	5	(277,354)		(10,272)	
Net current assets			89,908		74,720
Total assets less current liabilities			89,908		74,720
Funds					
Restricted funds					
- Grants fund	6	23,602		12,375	
Designated funds					
- staff & running costs fund	6	55,500		53,376	
Unrestricted income funds:					
- general funds	6	10,806		8,969	
			89,908		74,720

The Company is a private company limited by guarantee and incorporated in England. Its registered office is at Churchstreet Neighbourhood Centre, Chartwell House, Penfold Street. London NW8 8PT.

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 in accordance with section 476 of the Companies Act 2006.

The directors acknowledge their responsibility for complying the requirements of the Companies Act 2006 with respect to accounting records and for the preparation of the accounts.

The accounts have been prepared in accordance with the micro entity provisions of the Companies Act 2006 and FRS 105, The Financial Reporting Standard applicable to the Micro-entities Regime. The accounts have been delivered in accordance with the provisions applicable to companies subject to the small companies regime. The income and expenditure account has not been delivered to the Registrar of Companies.

Approved by the Trustees /Directors and signed on their behalf

.....

12 November 2021

Name: D Truswell

Trustee & Company Director

Accounting policies

The principal accounting policies adopted, judgments and key sources of estimation uncertainty in the preparation of financial statements are as follows

Basis of Preparation

The accounts have been prepared in accordance with the micro entity provisions of the Companies Act 2006 and FRS105, The Financial Reporting Standard applicable to Micro-Entities Regime. The accounts have been delivered in accordance with the provisions applicable to companies subject to the small companies regime.

Incoming resources

Income (including income from government and other grants) is recognised when the charity has entitlement to the funds, any performance conditions attached to the items of income have been met, it is probable that the income will be received and the amount can be measured reliably.

Interest and investment income receivable

Interest on funds held on deposit and income from investments held is included when receivable and the amount can be measured reliably by the charity.

Fund accounting

Unrestricted funds are available to spend on activities that further any of the purposes of charity. Designated funds are unrestricted funds of the charity which the trustees have decided at their discretion to set aside for a specific purpose. Restricted funds are donations or grants which the donor has specified are to be solely used for a particular purpose or area of the Trust's work or projects being undertaken by the Trust.

Expenditure and irrecoverable VAT

Expenditure is recognised once there is a legal or constructive obligation to make a payment to a third party, it is probable that settlement will be required and the amount of the obligation can be measured reliably. Expenditure is classified under the following headings:

- cost of raising funds comprise the cost of commercial trading
- expenditure on charitable activities includes the cost of operating the nursery and outreach services
- management and administration includes support costs for those functions that assist the work of the charity

Irrecoverable VAT is charged as a cost against the activity for which the expenditure has been incurred.

Taxation

As a grant aided charity with charitable status the charity's activities do not create a charge to corporation tax.

Operating leases

Rentals paid under operating leases are charged to income on a straight line basis over the lease term.

Debtors

Trade and other debtors are recognised at the settlement amount due after any trade discount offered. Prepayments are valued at the amount prepaid net of any trade discounts due.

Creditors and provisions

Creditors and provisions are recognised where the charity has a present obligation resulting from a past event that will probably result in the transfer of funds to a third party and the amount due to settle the obligation can be measured or estimated reliably.

Financial instruments

The trust has only has financial assets and financial liabilities of a kind that qualify as basic financial instruments. The charity does not acquire put options, derivatives or other complex financial instruments. The main form of financial risk faced by the charity is that of volatility in equity and investment markets due to wider economic conditions, the attitude of investors to risk. and changes in sentiment concerning equities.

Pensions

The Trust operates a defined contribution pension scheme.

THE HEALTH FORUM
(Private Company Limited by Guarantee)
Notes to the financial statements
for the year ended 31 March 2021

	2020/21	2019/20
	£	£
1 Grants receivable & other income		
West London CCG	46,000	63,000
Westminster Council	17,000	-
Kensington & Chelsea Social Council	21,000	25,970
Royal Borough of Kensington & Chelsea	62,450	45,000
City of London	84,211	-
Race Equality	11,330	-
Comic Relief	260,000	-
Healthwatch Central	-	5,000
Other income	685	700
	502,676	139,670
Less: Amounts deferred:		
Comic Relief	(260,000)	-
Westminster Council	(2,000)	-
Royal Borough of Kensington & Chelsea	(1,500)	-
	239,176	139,670
2 Direct charitable expenditure		
Staff costs	53,167	51,944
Staff pension costs	3,259	2,881
Commissioning expenses	154,809	67,650
Other running costs	10,871	2,510
	222,106	124,985
3 Management & administration costs		
Accountancy	1,402	1,416
Consultancy fees	480	700
	1,882	2,116
4 Debtors		
Accrued income	21,085	17,083
5 Creditors		
Amounts falling due within one year:		
Other taxation & social security	1,544	892
Deferred income	263,500	-
Other creditors & accruals	12,310	9,380
	277,354	10,272
6 Reserve Funds		
Restricted reserves - Grant fund		
Balance brought forward	12,375	4,000
Inter fund transfers	-	-
Surplus/(deficit) in year	11,227	8,375
	23,602	12,375
Analysis of funds:		
Core Funding (funded by West London CCG)	7,757	-
Neighbourhood keepers Project (funded by Westminster City Council)	2,200	-
Community Research Project (Funded by City Bridge Trust)	1,519	-
Community Living Well Project (Funded by KCSC & West London CCG)	7,250	8,500
Focus Group Engagement (Funded by West London CCG)	500	1,500
Voluntary Sector-Support Community Research (Funded by West London CCG)	4,376	-
BME Innovation Project (Funded by KSC & West London CCG)	-	2,375
	23,602	12,375

Details of projects undertaken during the year under review are included in the Directors'/Trustees Report on pages 3 & 4.

	2020/21	2019/20
6 Unrestricted reserves (continued)- General fund		
Balance brought forward	8,969	14,775
Inter fund transfers	(2,124)	(10,000)
Surplus in year	3,961	4,194
	<u>10,806</u>	<u>8,969</u>

Designated reserves - Staff & running cost fund

Balance brought forward	53,376	43,376
Inter fund transfers	2,124	10,000
	<u>55,500</u>	<u>53,376</u>

7 Analysis between fund balances

	2020/21 Unrestricted/ designated Funds	Total
Net current assets	<u>23,602</u>	<u>89,908</u>

	2019/20 Unrestricted/ designated Funds	Total
Net current assets	<u>12,375</u>	<u>74,720</u>

8 Transactions with Board of Trustees

No remuneration is payable to the Trustees. Any transactions involving the Trustees were carried out in the normal course of activities undertaken by the Charity.