
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

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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
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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:

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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

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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)

	01/04/2020	Income	2020/21 Expenditure	Transfers	31/03/2021
	-	40,000	(32,243)	-	7,757
	-	6,000	(1,624)	-	4,376
	-	15,000	(12,800)	-	2,200
	-	11,330	(9,811)	-	1,519
	1,500	-	(1,000)	-	500
	-	84,211	(80,935)	(3,276)	-
	8,500	21,000	(22,250)	-	7,250
	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	55,500
Unrestricted - general reserve	8,969	685	-	1,152	10,806
	74,720	239,176	(223,988)	-	89,908

7 Analysis between fund balances

	2021/22		
	Restricted	Unrestricted	Total
Net Current Assets	29,134	92,505	121,639
	2020/21		
	Restricted	Unrestricted	Total
Net Current Assets	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.