
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

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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* 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:

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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

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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
	<u>299,059</u>	<u>221,846</u>
Add: Amounts deferred 2022:		
Comic Relief	108,333	260,000
Westminster Council (unrestricted)	-	2,000
Royal Borough of Kensington & Chelsea (unrestricted)	-	1,500
	<u>407,392</u>	<u>485,346</u>
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)	-
	<u>312,817</u>	<u>377,013</u>
Analysis of Grants Receivable & Other Income		
Restricted	287,534	303,209
Unrestricted	25,283	73,804
	<u>312,817</u>	<u>377,013</u>
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
	<u>352,221</u>	<u>342,272</u>
3 Management & administration costs		
Accountancy	1,944	1,700
Consultancy fees	-	1,310
	<u>1,944</u>	<u>3,010</u>
4 Debtors		
Accrued income	<u>41,184</u>	<u>19,947</u>

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)	-	-
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Grenfell (Funded by R B Kensington & Chelsea)

-	11,625	(11,625)	-	-
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National Lottery

-	87,500	(87,500)	-	-
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Cornerstone (funded by City of London)

6,000	-	(6,000)	-	-
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Comic Relief - Intermediary Grant Project

18,693	113,333	(132,026)	-	-
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Adapt & Innovate Project

-	12,376	(12,376)	-	-
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London Community Foundation

-	3,050	(3,050)	-	-
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<u>29,134</u>	<u>286,036</u>	<u>(315,170)</u>	<u>-</u>	<u>-</u>
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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)	-	-
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Designated fund - staff & running costs

55,500	-	-	8,500	64,000
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Unrestricted - general reserve

22,800	2,448	(457)	(8,500)	16,291
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<u>121,639</u>	<u>312,817</u>	<u>(354,165)</u>	<u>-</u>	<u>80,291</u>
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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.