

# ARUKAH NETWORK

England & Wales · Charity number 1162564

## Details

---

**Other names** COMMUNITY HEALTH GLOBAL NETWORK, CHGN

**Status** Registered

**Legal form** CIO

**Registered** 2015-07-07

**Register** [View on the Charity Commission register](#)

## Contact

---

**Address** Arukah Network  
169a Pinner Road  
Harrow  
HA1 4EX

**Phone** 07841529773

**Email** [elizabeth@arukahnetwork.org](mailto:elizabeth@arukahnetwork.org)

**Website** [www.arukahnetwork.org](http://www.arukahnetwork.org)

## Activities

---

**Objects:** THE RELIEF OF SICKNESS AND THE PRESERVATION AND PROMOTION OF PHYSICAL AND MENTAL HEALTH AMONG VULNERABLE COMMUNITIES IN LOW AND MIDDLE-INCOME COUNTRIES IN THE GLOBAL SOUTH (AFRICA, ASIA AND SOUTH AMERICA)

**Activities:** We facilitate collaborative 'Clusters' of NGOs, health workers, entrepreneurs and others who come together around the shared goal of improving community health and wellbeing. We help them connect locally, internationally and online, to learn and support one another. We help information flow, by sharing our network's expertise and wisdom. And we help influence, by amplifying important voices.

## Classification

---

- **How:** Provides Human Resources, Provides Services, Provides Advocacy/advice/information
- **What:** Education/training, The Advancement Of Health Or Saving Of Lives, The Prevention Or Relief Of Poverty, Overseas Aid/famine Relief, Other Charitable Purposes
- **Who:** Children/young People, Elderly/old People, People With Disabilities, Other Defined Groups, The General Public/mankind

## Geography

---

- India
- Kenya
- Rwanda
- Sierra Leone
- Tanzania
- Zambia

## Finances

---

Period end	Income	Expenditure	Assets	Employees
2025-07-31	£31,932	£44,432	-	-
2024-07-31	£65,804	£43,757	-	-
2023-07-31	£41,780	£62,524	-	-
2022-07-31	£39,557	£58,575	-	-
2021-07-31	£94,799	£60,872	-	-
2020-07-31	£83,856	£63,172	-	-

## Trustees

---

Name	Role	Appointed
Daniel Kipkorir Rono		2019-11-01
ELIZABETH Lloyd		2020-11-01
Jane Hellings		2018-11-01
Kerryann Cope		2015-07-07
MARGARET BEE		2017-07-01
PROF ANDREW TOMKINS		2018-07-01

**ARUKAH NETWORK**

England & Wales - Charity number 1162564

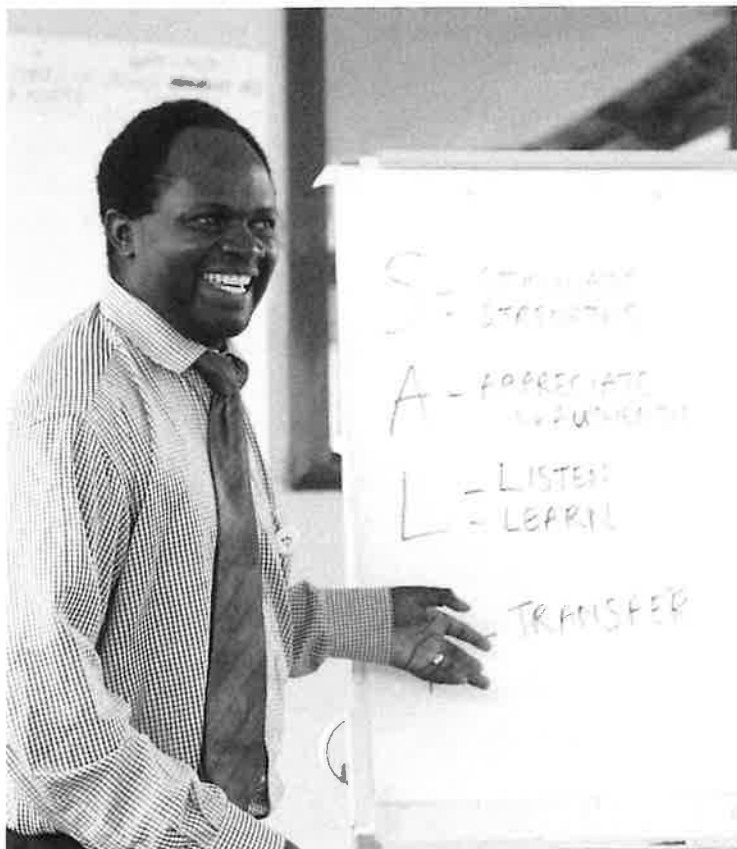
---

# Accounts

---

# Annual Report

2024-25



ARUKAH NETWORK  
FOR GLOBAL COMMUNITY HEALTH

# TABLE OF CONTENTS

**03** Charity Overview

**04** Team & Trustees

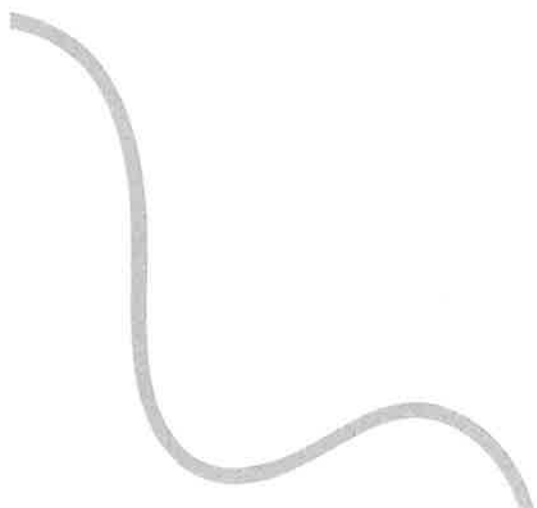
**05** Our Clusters

**06** Our Past Year

**09** The Year In Numbers

**10** Community Quotes

**11** Annual Accounts

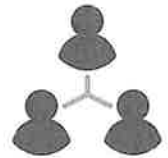


# CHARITY OVERVIEW

**The mission of Arukah Network** is to support some of the poorest communities in Sub-Saharan Africa and India **to improve their physical and mental health, wellbeing and education.**

We do this by **empowering, encouraging, coaching, resourcing & training 'Clusters' to work out solutions from within, using their inherent gifts and skills.**

A Cluster brings together local community leaders from 10 to 50 local organizations, who pledge to work in friendship and collaboration to address the needs of their community. Together, they are able to take on larger, regional challenges that would be difficult for any single individual or organisation to handle alone.



Our role at Arukah is to walk alongside them providing information, evidence, linkages and training to help them achieve their goals.



# MEET THE TEAM



**Dr. Ted Lankester**  
Co-founder &  
Custodian



**Robins Odiyo**  
Cluster Development  
Lead, Africa



**Teresa Echevarria**  
Finance Lead



**Brian Wainaina**  
Communications &  
Network Engagement



**Hormisdas Ndagijimana**  
Cluster Administrative  
Assistant

This past year, the roles in the Support Team were redefined. Sarah's departure saw Brian take on Operational responsibilities which have involved assisting in administrative tasks and fundraising efforts. Robins has focused on strengthening Clusters through training and leadership development, with Hormis assisting in outreach and regular Cluster updates. Ted's wisdom and vision continues to guide Arukah and Teresa's skill and presence have been valuable in managing our finances.

# TRUSTEES



**Keryann Cope**  
Chair



**Andrew Tomkins OBE**



**Margaret Bee**



**Jane Hellings**



**Dan Ronoh**



**Elizabeth Lloyd**

# OUR CLUSTERS



**UTTARAKHAND**  
India



**BIHAR**  
India



**NORTH EAST**  
India



**CHABBS**  
Zambia



**CHISEKESI**  
Zambia



**MONZE**  
Zambia



**EKARI**  
Malawi



**KERICHO**  
Kenya



**OBANDA**  
Kenya



**MARA**  
Tanzania



**New!**  
**UVIRA**  
Democratic  
Republic of Congo



**GOMA**  
Democratic  
Republic of  
Congo



**RWANDA**  
Rwanda



**LUBUMBASHI**  
Democratic  
Republic of Congo



Learn more: <https://www.arukahnetwork.org/clusters>

# OUR PAST YEAR

In the past year we have seen new and emerging situations add major challenges to those we work alongside.

The extreme cut back in aid by the USA and UK has resulted in countless loss of lives, worsening childhood and adult nutrition, and re-emerging deadly diseases in the areas where we are working.

In The DRC, militias have been causing intense distress to our hundreds of members, with some killed, raped and abused. Our leaders there are unbelievably brave and determined with God's grace to support and care for their members and communities.

Lastly, charitable funds are increasingly being used to support needs at home, and larger organisations involved in disaster relief. Smaller groups and long-term development charities like Arukah are feeling the strain.

However, our distinct Arukah model is still showing its effectiveness...

## SALT AT WORK

Several members of the Goma Cluster in the DRC have experienced positive change as a result of using our SALT approach in their lives and communities. 'SALT' is a tool that helps good community conversations take place, in order to bring about transformation of that community. ([Learn how it works here.](#))

### Josephine:

Inspired by SALT conversations within the Cluster, Josephine decided to take personal initiative and start a small chicken farm. Starting with just five birds, she's grown a successful operation that now provides her with eggs, which she sells in her neighborhood. This provides her with a regular income and contributes to her family's well-being. She has also regained her self-confidence and has become a source of inspiration for other women in her community.



Josephine

### Adel:

SALT enabled Adel to reflect on and value her own abilities. She realized that she already possessed valuable resources: a small plot of land, courage, and the desire to succeed. She transformed a corner of her land into a productive vegetable garden, where she grows a variety of vegetables. Selling her produce allows her to meet her family's basic needs: food, healthcare, and her children's education.



### Lucie:

Through the support and guidance of the Cluster, Lucie learned to effectively plan and manage a business, which led her to launch a small local shop. She now provides for herself and her family and also shares her knowledge with other women, encouraging them to develop their own initiatives.



Lucie

# OUR PAST YEAR

continued...

## A NEW CLUSTER



When Gulain, a community leader in Uvira, DRC read about Arukah online, he was enthusiastic to launch a Cluster in his area. We connected him with Jackson (Goma Cluster leader) who began orienting him on the Arukah Cluster model and mentoring interested community members.

Soon after, the Uvira Cluster launched. Uvira, like Goma, continues to face insecurity and hardship due to rebel forces. However, they are keen on continuing their collective work and have begun an amaranth vegetable project to combat famine in their community. At least 175 households are directly benefitting from this initiative.

## A STORY OF RESILIENCE

In early 2025, the M23 rebel group captured the city of Goma in the Democratic Republic of Congo. The rebels were violent towards women, forcefully recruited unwilling men and cut off communication and essential services, and limited public gatherings. Many humanitarian organisations and health providers were forced to shut down. This had a profound impact on the Goma Cluster, who were forced to remain indoors for their safety.

However, despite safety concerns, the Cluster has kept going, seeking to help those around them. They are taking care of child-led families who've lost their parents in the war, are continuing with their chicken project which is helping them sustain themselves, and training other groups on the Arukah model of collaboration. And thanks to the generous support of our Friends and partners, we were able to send a relief fund to assist families in urgent need. This fund was able to buy meals for 100 families and support over 200 children through emergency care and mentorship.



# OUR PAST YEAR

Continued...

## A FOCUS ON COMMUNITY MENTAL HEALTH

We hosted three online conversations on understanding, supporting and advocating for the mental health of individuals and communities. We learned helpful lessons from experienced psychologists, policy makers, a doctor and youth mentor who graciously shared their stories.

In Kenya, the Obanda Cluster hosted Sarah, a volunteer from Spain who uses art as a way of improving emotional and mental wellbeing. Together, they provided a space for 41 school children and 10 women to reflect & express themselves creatively through artistic collages and guided conversations. After her visit, Sarah started a crowdfund which went into fixing electricity and buying classroom equipment for the local school.

The Uttarakhand Cluster in India continues to deliver grassroots mental health support and education in rural areas. This past year, they conducted mental health awareness and first aid training for 200 community members. The neighbouring Bihar Cluster also organised youth peer-to-peer counselling sessions on stress and resilience for more than 150 participants.

## AGRICULTURE, WOMEN & THE YOUTH

Following Cyclone Freddy (2023/2024) which devastated groundnut crops, members of the Malawi Cluster shifted their focus to livestock and fruit tree production. With Arukah Network's seed funding, they launched a community poultry project that led to 30 women and youth being trained in chicken production, feed making, and business planning. They purchased 77 chickens which has now grown to over 700 in just 6 months, providing a good source of income to many households.

The Cluster also partnered with a like minded organisation to support youth and women in 12 villages through farming, and also installed solar-powered water pumps and provided hygiene training for 500 families.

In Zambia, the Chisekesi Cluster trained more than 50 households in sustainable farming techniques, while the Chabbs Cluster has been training women in handmade crafts to boost household income and build community solidarity.

The Kericho Cluster in Kenya has been engaging young people through leadership training, environmental clean-ups, and mental health advocacy. With Arukah's seed fund, they started chicken farming and a liquid soap project, and have been using performance art for community advocacy.



Jackson Kahalalo

# THE YEAR IN NUMBERS



**14 CLUSTERS  
IN 7  
COUNTRIES**



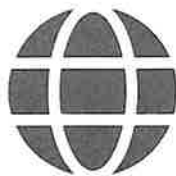
**1000+  
HOUSEHOLDS  
SUPPORTED**



**500+  
INDIVIDUALS  
TRAINED**



**200+ NEW JOBS  
CREATED**



**2.1K WEBSITE  
VISITORS**



**2.2K  
PODCAST  
PLAYS**



**9.5K SOCIAL  
MEDIA  
REACH**



## FROM THE COMMUNITY...

“Arukah immediately appealed to me. Your approach is centred on human relationships and co-creation. You don’t offer ready-made solutions, but encourage members to learn from each other, share their experiences and work together to create solutions that work for their contexts. I found this rare and valuable.”

~ **Gulain - Humanitarian & Uvira Cluster Lead**

“I trained clinically to work with disability, but I learnt the community side of disability by being part of the Cluster.

Being involved in the community gives me wider perspectives and allows me to consider differing ways of doing things.”

~ **Jubin - Disability Specialist, India**

“The environment of our Cluster is such that it generates learning. There's a lot more collaboration rather than competition here, and everything's based on relationships. You feel like people are doing things with more passion, and it's very infectious.”

~ **Sushma - Health trainer, India** →

“Through the Cluster, we learned how to work with what we already have – our people, skills, ideas. It gave us confidence to solve our own problems.” ←

~ **Matthews - Health Worker, Zambia**

“An essential truth to remember is that communities should not be only considered as recipients of aid, but as partners. They are full fledged decision-makers, clear actors of their own future.”

~ **Jackson - Humanitarian & Goma Cluster Lead**

“I have worked with different organisations in the past who decide what is best for the community because of the funding that they give. This has never been a successful approach because no one understands a community better than those who live in it. Arukah is different because it guides and supports members to bring the change that **they** want.”

~ **Charles - Counsellor, Kenya** →



# ANNUAL ACCOUNTS

Statement of Financial Activities for the year ended 31st July 2025

	Unrestricted Funds			Restricted Funds	Endowment Funds	2025	2024
	General Funds	Designated Funds				Total	Total
						Funds	Funds
<b>INCOMING RESOURCES</b>							
Total Voluntary Income	21,697	0	150			21,847	17,875
Grants	10,000		0			10,000	45,216
Other Incomes	85		0			85	2,713
<b>Total Incoming resources</b>	<b>31,782</b>	<b>0</b>	<b>150</b>	<b>0</b>		<b>31,932</b>	<b>65,804</b>
<b>RESOURCES EXPENDED</b>							
Costs of generating funds	4,450		0			4,450	1,500
Charitable activities	32,664		0			32,664	35,804
Finance and Administration	7,318					7,318	6,453
<b>Total Resources expended</b>	<b>44,432</b>	<b>0</b>	<b>0</b>	<b>0</b>		<b>44,432</b>	<b>43,757</b>
Net Income(Expenditure) for the year and net movement in funds	-12,650		150			-12,500	22,047
Fund Balance brought forward at 31 July 2024						46,462	24,415
Fund balances carried forward at 31 July 2025	-12,650	0	150			33,962	46,462
<b>FUNDS</b>							
General Fund						25,141	37,791
Restricted funds						8,821	8,671
<b>Total funds</b>						<b>33,962</b>	<b>46,462</b>
Cash held at CAF Bank as at 31 July 2025						34,445	47,216
Less/Cash held in Post-box Account							
Cash held in PayPal account							
Other Debtors						926	655
						35,371	47,871
Payment due to HMRC and Nest for July 2025						0	0
Other Creditors						-1,409	-1,409
Reconciled cash in hand						33,962	46,462

Continued on next page

# ANNUAL ACCOUNTS

Continued...

	Unrestricted Funds				2025	2024
	General Funds		Designated Funds		Total Funds	Total Funds
	General Funds	Designated Funds	Restricted Funds	Endowment Funds		
1 Voluntary Income						
1.1 Gift-Aided Donation	3,583		120		3,703	3,430
1.2 Tax Recovered	896		30		926	858
1.3 Other	17,218				17,218	13,587
1.4 Events/Training	0				0	2,650
1.5 Income from Investments	85				85	63
<b>Total Voluntary Income</b>	<b>21,782</b>	<b>0</b>	<b>150</b>	<b>0</b>	<b>21,932</b>	<b>20,588</b>
2 Other incoming resources						
2.1 Grants	10,000				10,000	45,216
<b>Total Incoming resources</b>	<b>31,782</b>	<b>0</b>	<b>150</b>	<b>0</b>	<b>31,932</b>	<b>65,804</b>
<b>RESOURCES EXPENDED</b>						
3 Costs of generating funds						
3.1 Fundraising	4,450				4,450	1,500
<b>Total Resources expended</b>	<b>4,450</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>4,450</b>	<b>1,500</b>
4 Charitable activities						
4.1 Cluster costs	26,794		0		26,794	27,204
4.2 International Forums	0				0	0
4.3 Networking	1,300				1,300	450
4.4 Management and strategy	4,570				4,570	8,150
4.5 Other expenses	0	0	0		0	0
	<b>32,664</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>32,664</b>	<b>35,804</b>
5 Finance and Administration						
5.1 Insurance	298				298	293
5.2 Administration	7,020				7,020	6,160
	<b>7,318</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>7,318</b>	<b>6,453</b>
<b>Total resources expended</b>	<b>44,432</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>44,432</b>	<b>43,757</b>

**Notes:**

1.1 Donations given as one-off and by regular payment

1.2 Tax reclaimed up to 31 July 2025

2.1 Grants received from: Chalk Cliff Trust £5,000, Ogle Trust £4,000, Marshgate Trust £1,000.

**Dr. Ted Lankester**  
Co-founder & Custodian

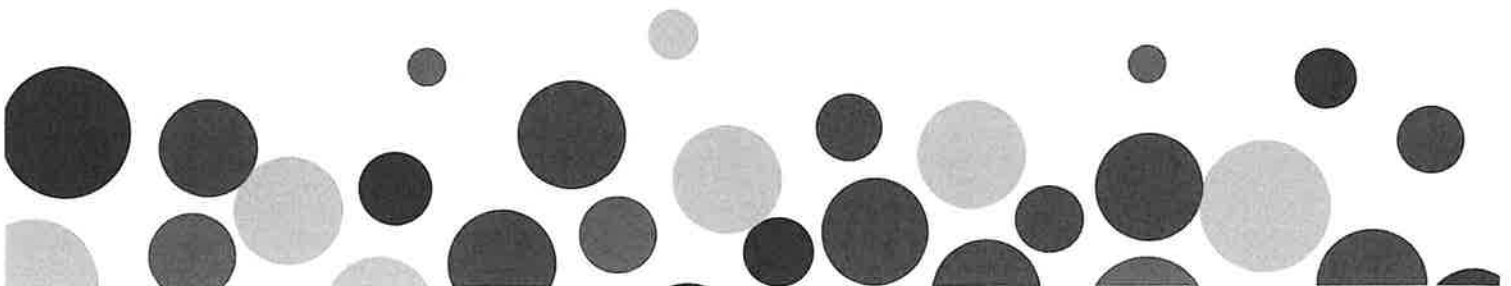
**Kerryann Cope**  
Trustee Chair



[www.arukahnetwork.org](http://www.arukahnetwork.org)  
Charity Number: 1162564

169a Pinner Road,  
Harrow,  
HA1 4EX,  
UK

© Arukah Network 2025



Report to the Trustees/Members of	Arukah Network		Ser out pages 1-12
On account for the year ended	18 May 2026	Charity No.	1162564

Respective responsibilities of trustees and examiner  
 The Charity's Trustees 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 (The Charities Act) and that as independent examination is need.


It is my responsibility to:  
 examine the accounts under section 145 of the Charities Act  
 Follow the procedures laid down in the general Directions given by the Charity Commission (Under section 145(5)9b) of the Charities Act; and  
 state whiter particular matters have come to my attention.

Basic 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 those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from the trustees concerning such matters. The procedure undertaken do not provide all the evidence that would be required in an audit, and consequently no opinion is given as to whether the accounts present a 'true and fair' view and the report is limited to those matters set out in the statement below.

Independent examiner's statement  
 In connection with my examination, no matter has come to my attention.

1. Which gives me reasonable cause to believe that, in any material respect, the requirement
  - to keep accounting records in accordance with section 130 of the Charities Act; and
  - to prepare accounts which accord with the accounting records and comply with the accounting requirements of the Charities Act,
 have not been met

2. To which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached

Signed  Date 18 May 26

Name Timothy Mark Dauncey

Relevant professional qualification(s) or body (if any) FCCA

Address 4 Kentish Gardens, Tunbridge Wells, Kent, TN2 5XU

**ARUKAH NETWORK**

England & Wales - Charity number 1162564

---

# Accounts

---



# 2023-2024 Annual Report



**ARUKAH NETWORK**  
FOR GLOBAL COMMUNITY HEALTH

# TABLE OF CONTENTS



**03 CHARITY OVERVIEW**

**04 TEAM + TRUSTEES**

**05 DEVELOPMENT PLAN**

**06 OUR CLUSTERS**

**07 OUR PAST YEAR**

**09 COMMUNITY QUOTES & THE YEAR IN NUMBERS**

**10 ANNUAL ACCOUNTS**



That's Jackson, Cluster Leader, Goma, DRC

# CHARITY OVERVIEW

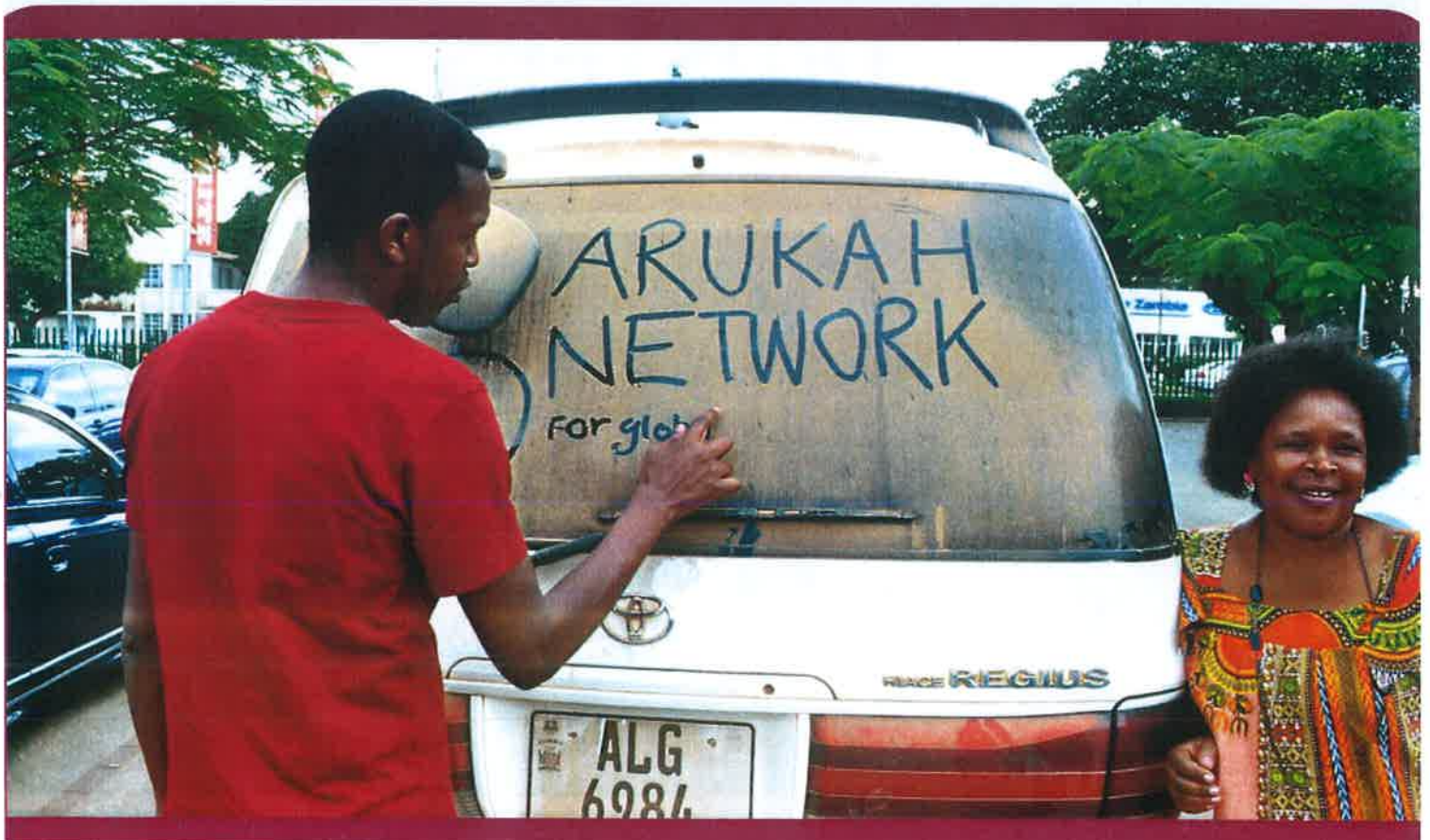
Charity Name: Arukah Network

Registered Charity Number: 1162564

Registered address: Arukah Network,  
169a Pinner Road,  
Harrow,  
HA1 4EX,  
UK

The objects of Arukah Network, as stated in our governing document, are:

“The relief of sickness and the preservation and promotion of physical and mental health among vulnerable communities in low and middle-income countries in Africa, Asia and South America.”



# MEET THE TEAM

Click on a face to learn more



**Dr. Ted Lankester**  
Co-founder & Advisor



**Sarah Wilson**  
Network Coordinator



**Robins Odiyo**  
Cluster Development  
Lead, Africa



**Teresa Echevarria**  
Finance Lead



**Brian Wainaina**  
Communications Lead



**Elizabeth Lloyd**  
Network Coach



**Hormis Ndagijimama**  
Administrative Assistant

We are delighted to welcome Hormis to the Support team. Hormis helped launch the Rwanda Cluster and is one of its leaders. He will become Arukah's Administrative Assistant, playing a vital role in supporting the growth and development of Clusters in Zambia, Rwanda, Tanzania, Malawi, Kenya, the DRC, and India. Welcome Hormis!

# TRUSTEES



**Keryann Cope**  
Chair



**Andrew Tomkins OBE**



**Margaret Bee**



**Jane Hellings**



**Dan Ronoh**



**Elizabeth Lloyd**

# OUR DEVELOPMENT PLAN

We believe every community has the gifts and skills it needs to improve the health and wellbeing of all its members. We know local leaders care about their communities and want to improve health and wellbeing.

However, local leaders in vulnerable communities are often working in isolation and have minimal resources. Also, in a world of fake news, the best evidence based ways of working often don't reach the community level. Together these factors make it very hard to create sustainable change in health and wellbeing at a community level.

**IMPROVING THE  
HEALTH OF  
COMMUNITIES  
TOGETHER**



## OUR VISION

is to see health and wellbeing in communities around the world continually improving.



## OUR MISSION

is to be a global network which **CONNECTS** and **SUPPORTS** local leaders who are working to improve the health and wellbeing of their own communities

*That's Oscar, Cluster Leader  
Kericho, Kenya*



# OUR CLUSTERS



**UTTARAKHAND**  
India



**BIHAR**  
India



**NORTH EAST**  
India



**CHABBS**  
Zambia



**CHISEKESI**  
Zambia



**MONZE**  
Zambia



**EKARI**  
Malawi



**KERICHO**  
Kenya



**OBANDA**  
Kenya



**MARA**  
Tanzania



**GOMA**  
Democratic  
Republic of  
Congo



**RWANDA**  
Rwanda



**LUBUMBASHI**  
Democratic  
Republic of Congo



Learn more: <https://www.arukahnetwork.org/clusters>

# OUR PAST YEAR

This past year, our network has taken tremendous steps in changing their stories regardless of their environments. We have seen our Clusters become humanitarians in the middle of a civil war, equip members to become farmers, mentor the young in the community and successfully apply for life changing grants. Here are some small but significant examples of our work this year.



## DRIVING ECONOMIC CHANGE

Last year, we wrote that the Ekari Cluster in Malawi formed a farmers co-operative to restore the self-confidence of the community and develop resilience against economic challenges. This year, they applied for a grant and received 85,000 US dollars! You can read the full story [here](#).

## “WE ARE TAKING OWNERSHIP OF OUR FUTURE”

The Goma Cluster is situated in North Kivu, DRC- a green region that is increasingly hosting displaced people from the ongoing conflict. This past year, they have run awareness campaigns on food security and conflict management, visited refugees in Internally Displaced Camps, assisting 47 unaccompanied children each week, and launched their chicken farming program to help them generate income, improve food security and create job opportunities. You can read their full story on [our website](#).



# OUR PAST YEAR

continued

## GUIDING FUTURE LEADERS

Although the Obanda Cluster in Kenya launched recently, they have already taken huge strides in mentoring the youth. They often go to schools and talk to the students on 'hushed' topics like adolescence and adulthood, menstrual hygiene, STIs and HIV/AIDS. One of the leaders told us, "After a number of sessions, the children have opened up & are comfortable sharing their lives with us. They also understand the importance of good decision making." Read about the Cluster [here](#)



## 15 YEARS STRONG

In 2008, 15 health care organisations came together to form the first Arukah Network Cluster in Uttarakhand, India. Their goal? To work together, sharing their skills and resources, in an effort to improve the health and wellbeing of their communities. Late last year, 145 people came together to celebrate their fifteenth anniversary. [Here](#) is how it went.

## KERICHO'S FIRST THEATRE SHOW

The Kericho Cluster recently produced and starred in the [first ever public theatre show in their county](#). It explored the complexities of modern life touching on themes of leadership, morality, family dynamics, and the consequences of unchecked ambition and poor decision-making. Many who attended expressed that the play sparked important conversations and provided a new perspective on the issues they addressed.



# FROM THE COMMUNITY...

"I was really scared of getting pregnant and sexually transmitted infections, but with this sexual reproductive health training, I am aware of what to do to keep myself safe all the time."

~ Following a girls health training in Malawi

"I am determined to serve my fellow young people without fear and shame."

~ Following a similar boys health training

"Courage Arukah for the assistance of orphaned children in the camp, may God bless our partners"

~ As the Goma trip travelled to an IDP camp.

"The strength of the community lies in its collective voice"

~ A Cluster meeting in Malawi

"We pray for a continuation of the network for the coming years and that we would be stretched beyond our districts and cater to more needy areas in North India."

~ Uttarakhand's leader Raj Kumar during their 15 year Cluster celebration.



## THE YEAR IN NUMBERS



**13 CLUSTERS IN 7 COUNTRIES**



**286 MEMBERS IN 14 WHATSAPP GROUPS**



**2.4K WEBSITE VISITORS**



**3.5K PODCAST PLAYS**



**8.7K SOCIAL MEDIA IMPRESSIONS**



**226 WEBINAR ATTENDANCE & VIEWS**

# ANNUAL ACCOUNTS

Statement of Financial Activities for the year ended 31st July 2024

	Unrestricted Funds			Restricted Funds	Endowment Funds	2024	2023
	General Funds		Designated Funds			Total Funds	Total Funds
	General Funds	Designated Funds					
<b>INCOMING RESOURCES</b>							
Total Voluntary Income	17,725	0	150			17,875	14,320
Grants	45,216		0			45,216	27,000
Other Incomes	2,713		0			2,713	460
<b>Total Incoming resources</b>	<b>65,654</b>	<b>0</b>	<b>150</b>	<b>0</b>		<b>65,804</b>	<b>41,780</b>
<b>RESOURCES EXPENDED</b>							
Costs of generating funds	1,500		0			1,500	1,900
Charitable activities	35,804		0			35,804	53,879
Finance and Administration	6,453					6,453	6,745
<b>Total Resources expended</b>	<b>43,757</b>	<b>0</b>	<b>0</b>	<b>0</b>		<b>43,757</b>	<b>62,524</b>
Net Income(Expenditure) for the year and net movement in funds	21,897		150			22,047	-20,744
Fund Balance brought forward at 31 July 2023						24,415	45,157
Fund balances carried forward at 31 July 2024	21,897	0	150			46,462	24,413

## FUNDS

General Fund	37,791	15,894
Restricted funds	8,671	8,521
<b>Total funds</b>	<b>46,462</b>	<b>24,415</b>
Cash held at CAF Bank as at 31 July 2024	47,216	25,410
Less/Cash held in Post-box Account		
Cash held in PayPal account		
Other Debtors	655	414
	47,871	25,824
Payment due to HMRC and Nest for July 2024	0	0
Other Creditors	-1,409	-1,409
<b>Reconciled cash in hand</b>	<b>46,462</b>	<b>24,415</b>

Continued on next page

# ANNUAL ACCOUNTS

Continued...

	Unrestricted Funds				2024	2023
	General Funds	Designated Funds	Restricted Funds	Endowment Funds	Total Funds	Total Funds
<b>I Voluntary Income</b>						
1.1 Gift-Aided Donation	3,310		120		3,430	1,656
1.2 Tax Recovered	828		30		858	414
1.3 Other	13,587				13,587	12,250
1.4 Events/Training	2,650				2,650	400
1.5 Income from Investments	63				63	60
<b>Total Voluntary Income</b>	<b>20,438</b>	<b>0</b>	<b>150</b>	<b>0</b>	<b>20,588</b>	<b>14,780</b>
<b>2 Other incoming resources</b>						
2.1 Grants	45,216				45,216	27,000
<b>Total Incoming resources</b>	<b>65,654</b>	<b>0</b>	<b>150</b>	<b>0</b>	<b>65,804</b>	<b>41,780</b>
<b>RESOURCES EXPENDED</b>						
<b>3 Costs of generating funds</b>						
3.1 Fundraising	1,500				1,500	1,900
<b>Total Resources expended</b>	<b>1,500</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>1,500</b>	<b>1,900</b>
<b>4 Charitable activities</b>						
4.1 Cluster costs	27,204		0		27,204	31,230
4.2 International Forums	0				0	0
4.3 Networking	450				450	2,250
4.4 Management and strategy	8,150				8,150	20,652
4.5 Other expenses	0	0	0		0	0
	<b>35,804</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>35,804</b>	<b>54,132</b>
<b>5 Finance and Administration</b>						
5.1 Insurance	293				293	293
5.2 Administration	6,160				6,160	6,452
	<b>6,453</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>6,453</b>	<b>6,745</b>
<b>Total resources expended</b>	<b>43,757</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>43,757</b>	<b>62,777</b>

## Notes:

1.1 Donations given as one-off and by regular payment

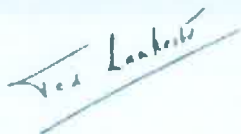
1.2 Tax reclaimed up to 31 July 2024

2.1 Grants received from: Golden Stable £5,000, Marshgate Trust £2,000, ECHO Trust £10,000, Ogle Charitable £4,000, Chalk Cliff £5,000, Souter Trust £4,000. SMB Charitable £1,500, CCIH £11,716 and Christian Medical Fellowship £2,000.

Dr. Ted Lankester, Co-leader

Kerryann Cope, Chair

Elizabeth Lloyd, Trustee





11th November 2024

Report to the Trustees/Members of	Arukah Network		
On account for the year	01/08/2023 to 31/07/2024	Charity No.	1162564
Set out pages	11 A&CS		

Respective responsibilities of trustees and examiner The Charity's Trustees 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 (The Charities Act) and that an independent examination is needed.

It is my responsibility to:  
 examine the accounts under section 145 of the Charities Act  
 Follow the procedures laid down in the general Directions given by the Charity Commission (Under section 145(5)9b) of the Charities Act; and  
 state <sup>whether</sup> particular matters have come to my attention.

Basic 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 those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from the trustees concerning such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently no opinion is given as to whether the accounts present a 'true and fair' view and the report is limited to those matters set out in the statement below.

Independent examiner's statement In connection with my examination, no matter has come to my attention.

1. Which gives me reasonable cause to believe that, in any material respect, the requirements
  - to keep accounting records in accordance with section 130 of the Charities Act; and
  - to prepare accounts which accord with the accounting records and comply with the accounting requirements of the Charities Act.
 have not been met
2. To which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached

Signed  Date 29-Apr-24

Name Timothy Mark Dauncey

Relevant professional qualification(s) or body (if any) FCCA

Address 4 Kentish Gardens, Tunbridge Wells, Kent, TN2 5XU

**ARUKAH NETWORK**

England & Wales - Charity number 1162564

---

# Accounts

---



# ARUKAH NETWORK

**ANNUAL REPORT  
2022-23**

# TABLE OF CONTENTS

03 CHARITY OVERVIEW

04 TRUSTEES + TEAM

05 REVIEWING FOR GROWTH

06 THEORY OF CHANGE

07 THE YEAR IN NUMBERS

08 STORIES OF SUPPORT

09 FINANCIAL REVIEW

10 ANNUAL ACCOUNTS



# CHARITY OVERVIEW

Charity Name: Arukah Network

Registered Charity Number: 1162564

Registered address: Arukah Network,  
169a Pinner Road,  
Harrow,  
HA1 4EX,  
UK

The objects of Arukah Network, as stated in our governing document, are:

“The relief of sickness and the preservation and promotion of physical and mental health among vulnerable communities in low and middle-income countries in Africa, Asia and South America.”



# TRUSTEES



## Trustee Update

After being a trustee for more than 15 years, Dr. Nick Henwood moved on to become an ordained priest at the Church of England. He has been with Arukah since the beginning and his heart of 'learning from each other' has helped shape the work of Arukah. He says, "I have enjoyed being part of an organisation with people that are gentle with each other, open to learn from one another and encourage each other."

## The charity trustees are:

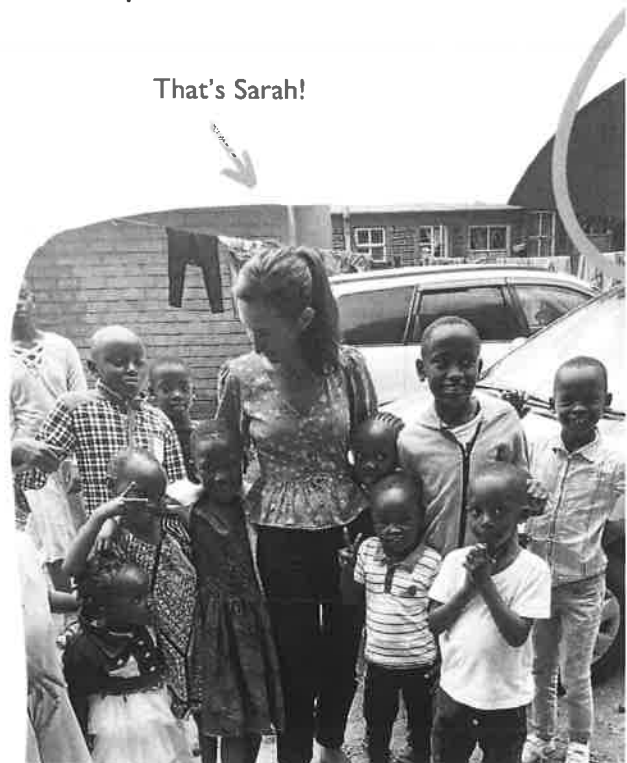
- Mrs. Kerryann Cope (Chair)
- Prof. Andrew Tomkins OBE
- Mrs. Margaret Bee
- Mrs. Jane Hellings
- Mrs. Elizabeth Lloyd
- Mr. Dan Ronoh

# SUPPORT TEAM

Our Support Team all work for Arukah Network in a part time capacity to help connect and support our members. Sarah Wilson joined the team as the Network Coordinator and has been helpful in contributing to Arukah's support and development.

## The Arukah Support team are:

- Dr. Ted Lankester - Strategic Advisor
- Sarah Wilson - Network Coordinator
- Elizabeth Lloyd - Network Coach
- Robins Ochieng - Cluster Support Lead for Africa
- Brian Wainaina - Communications Lead
- Teresa Echevarria - Finance Administrator
- Jake Lloyd - Podcast Presenter



# GROWTH

## OUR CLUSTERS



**UTTARAKHAND**  
India



**BIHAR**  
India



**NORTH EAST**  
India



**CHABBS**  
Zambia



**CHISEKESI**  
Zambia



**MONZE**  
Zambia



**EKARI**  
Malawi



**KERICHO**  
Kenya



**MARA**  
Tanzania



**SHIRATI**  
Tanzania



**GOMA**  
Democratic  
Republic of  
Congo



**RWANDA**  
Rwanda



**LUBUMBASHI**  
Democratic  
Republic of Congo

This past year, three new Clusters joined the Network. Read more about the Ekari, Goma and Lubumbashi Clusters on our website: [arukahnetwork.org/clusters](http://arukahnetwork.org/clusters)



## COMMUNITY ACTION

Promoting health through training programmes in schools and women groups

Creating employment through a small scale farmers cooperative

Reducing stigma and discrimination around mental health through community input

More on [arukahnetwork.org/clusters](http://arukahnetwork.org/clusters)

# OUR THEORY OF CHANGE

We believe every community has the gifts and skills it needs to improve the health and wellbeing of all its members. We know local leaders care about their communities and want to improve health and wellbeing.

However, local leaders in vulnerable communities are often working in isolation and have minimal resources. Also, in a world of fake news, the best evidence based ways of working often don't reach the community level. Together these factors make it very hard to create sustainable change in health and wellbeing at a community level.

## IMPROVING THE HEALTH OF COMMUNITIES TOGETHER



### OUR VISION

is to see health and wellbeing in communities around the world continually improving.



### OUR MISSION

is to be a global network which **CONNECTS** and **SUPPORTS** local leaders who are working to improve the health and wellbeing of their own communities

**We are a global network**  
formed of individual members and organisations

**Clusters connect local leaders together**  
united either by a geographical location or a shared theme

**Webinars, coaching and a range of online resources**  
provide global connection, opportunities for development and more tailored support

**SALT visits to other members**  
are encouraged and facilitated in order to increase connection and support.  
SALT stands for Support, Appreciate, Learn, Transfer

## HOW WE WORK

# ARUKAH CONNECTIONS THIS YEAR IN NUMBERS



**14 CLUSTERS  
IN 7 COUNTRIES**



**369**  
WEBINAR  
ATTENDANCE  
AND VIEWS



**223 MEMBERS  
IN 14 CLUSTER  
WHATSAPP GROUPS**



**3,535**  
PODCAST  
PLAYS



**8,913**  
WEBSITE PAGE VIEWS  
BY 2.5K DIFFERENT USERS



**3,549 FACEBOOK PAGE REACH**



**9,134 X (TWITTER) IMPRESSIONS**

# STORIES OF SUPPORT

Close to our heart as a Network is supporting our Clusters to impact their communities. This year we met in person with local community leaders, shared resources on community health and development, and supported community leaders who formed new Clusters in different regions in Africa. Here are some small but significant examples of our work this year.

More stories can be found on our website: [arukahnetwork.org/blog](http://arukahnetwork.org/blog)



## FILLING THE ECONOMIC GAP

The Ekari Cluster in Malawi was launched earlier this year. In a poverty stricken area with no access to farm markets, they decided to restore the self-confidence of the community and develop resilience against economic challenges by forming a farmers co-operative. With 137 members, the co-operative is not only improving access to markets but creating employment opportunities as well.

## THREE NEW CLUSTERS!

This year, a local leader from The Democratic Republic of Congo reached out to Robins Odiyo from the Support team. After a series of conversations, Robins took a trip to the DRC and together, they launched three new Clusters!



## LEADERSHIP GATHERING

Seven Cluster leaders from six countries Africa met in Nairobi, Kenya to share about their work and collaborate on ideas and creative ways to grow themselves and the work of Arukah. It was a wonderful time of learning from each other, forging partnerships and looking ahead.

# FINANCIAL REVIEW



The bulk of our charitable expenditure is spent on the cost of facilitation, training and supporting our Clusters.

Last year's budget showed an underspend due to the impact of the pandemic on our planned work, particularly in the area of Cluster Support Travel and Monitoring and Evaluation, supported by a significant grant from the Vitol Foundation.

With permission from the Vitol Foundation, we carried the remaining grant into this financial year. This means that we are showing an accounting deficit for our accounts ending July 2023, shown on the next page, but in reality we have been spending cash carried over from the previous year.

We are extremely grateful for the support we receive from a number of trusts, including the Golden Stable Charitable Trust, the Ogle Trust, the Vitol Foundation and the Marshgate Trust.

We are also extremely grateful to the individuals who give both regularly and one off donations towards the work of our Network.

Having reviewed the current financial situation and our reserves, the trustees believe that Arukah Network will continue for the foreseeable future as a going concern. We do not hold any debts and maintain reserves for at least 3 months of normal operations.



# ANNUAL ACCOUNTS

Statement of Financial Activities for the year ended 31st July 2023

	Unrestricted Funds				2023	2022
	General Funds	Designated Funds	Restricted Funds	Endowment Funds	Total Funds	Total Funds
<b>INCOMING RESOURCES</b>						
Total Voluntary Income	14,170	0	150		14,320	21,749
Grants	27,000		0		27,000	17,000
Other Incomes	460		0		460	808
<b>Total Incoming resources</b>	<b>41,630</b>	<b>0</b>	<b>150</b>	<b>0</b>	<b>41,780</b>	<b>39,557</b>
<b>RESOURCES EXPENDED</b>						
Costs of generating funds	1,900		0		1,900	3,920
Charitable activities	53,879		0		53,879	48,168
Finance and Administration	6,745				6,745	6,487
<b>Total Resources Expended</b>	<b>62,524</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>62,524</b>	<b>58,575</b>
Net Income(Expenditure) for the year year and net movement in funds	-20,894		150		-20,744	-19,018
Fund balance brought forward at 31 July 2022					64,429	64,429
Fund balances carried forward at 31 July 2021	-20,894	0	150		43,685	45,411
<b>FUNDS</b>						
General Fund					15,894	36,787
Restricted funds					8,521	8,624
<b>Total Funds</b>					<b>24,415</b>	<b>45,411</b>

Continued on next page

# ANNUAL ACCOUNTS

Continued

Cash held at CAF Bank as at 31

July 2023

Less/Cash held in Post-box  
Account

Cash held in PayPal account

Other Debtors

414	1,951
<b>25,824</b>	<b>47,036</b>

Payment due to HMRC and Nest  
for July 2022

0	0
---	---

Other Creditors

-1,409	-1,625
--------	--------

Reconciled cash in hand

<b>24,415</b>	<b>45,411</b>
---------------	---------------

2023	2022
------	------

	Unrestricted Funds				Total Funds	Total Funds
	General Funds	Designated Funds	Restricted Funds	Endowment Funds		
<b>I. Voluntary Income</b>						
1.1. Gift-Aided Donation	1,536		120		1,656	7,805
1.2 Tax Recovered	384		30		414	1,951
1.3 Other	12,250				12,250	11,993
1.4 Events/Training	400				400	800
1.5 Income from Investments	60				60	8
<b>Total Voluntary Income</b>	<b>14,630</b>	<b>0</b>	<b>150</b>	<b>0</b>	<b>14,780</b>	<b>22,557</b>
<b>2. Other incoming resources</b>						
2.1 Grants	27,000				27,000	17,000
<b>Total Incoming resources</b>	<b>41,630</b>	<b>0</b>	<b>150</b>	<b>0</b>	<b>41,780</b>	<b>39,557</b>
<b>RESOURCES EXPENDED</b>						
<b>3. Costs of generating funds</b>						
3.1 Fundraising	1,900				1,900	3,920
<b>Total resources expended</b>	<b>1,900</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>1,900</b>	<b>3,920</b>

Continued on next page

# ANNUAL ACCOUNTS

Continued

## 4. Charitable activities

4.1 Cluster costs	30,977		253		31,230	30,461
4.2 International Forums	0				0	0
4.3 Networking	2,250				2,250	4,438
4.4 Management and strategy	20,652				20,652	13,269
4.5 Other expenses	0	0	0		0	0
	<b>53,879</b>	<b>0</b>	<b>253</b>	<b>0</b>	<b>54,132</b>	<b>48,168</b>

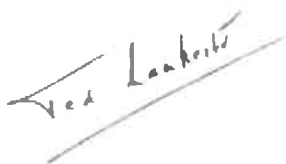
## 5. Finance &amp; Administration

5.1 Insurance	293				293	312
5.2 Administration	6,452				6,452	6,175
	<b>6,745</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>6,745</b>	<b>6,487</b>

## Total Resources Expended

	<b>62,524</b>	<b>0</b>	<b>253</b>	<b>0</b>	<b>62,777</b>	<b>58,575</b>
--	---------------	----------	------------	----------	---------------	---------------

Dr. Ted Lankester, Co-leader



Kerryann Cope, Chair



Elizabeth Lloyd, Trustee



15th May 2024



ARUKAH NETWORK  
FOR GLOBAL COMMITMENT TO HEALTH

[www.arukahnetwork.org](http://www.arukahnetwork.org)

Charity No. 1162564

Report to the Trustees/Members of	Arukah Network		
On account for the year	01/08/2022 to 31/07/2023	Charity No.	1162564
Set out pages	12 pages		

Respective responsibilities of trustees and examiner The Charity's Trustees are responsible for the preparation of the account. The Charity's trustees consider that an audit is not required for this year under section 144 of the Charities Act 2011 (The Charities Act) and that an independent examination is needed.

It is my responsibility to:

examine the accounts under section 145 of the Charities Act  
 Follow the procedures laid down in the general Directions given by the Charity Commission (Under section 145(5)9b) of the Charities Act; and  
 state whiter particular matters have come to my attention.

Basic 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 those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from the trustees concerning such matters. The procedure undertaken do not provide all the evidence that would be required in an audit, and consequently no opinion is given as to whether the accounts present a 'true and fair' view and the report is limited to those matters set out in the statement below.

Independent examiner's statement In connection with my examination, no matter has come to my attention.

1. Which gives me reasonable cause to believe that, in any material respect, the requirements
  - to keep accounting records in accordance with section 130 of the Charities Act; and
  - to prepare accounts which accord with the accounting records and comply with the accounting requirements of the Charities Act.

have not been met

2. To which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached

Signed		Date	20-May-24
--------	---	------	-----------

Name	Timothy Mark Dauncey
------	----------------------

Relevant professional qualification(s) or body (if any)	FCCA
---	------

Address	4 Kentish Gardens, Tunbridge Wells, Kent, TN2 5XU
---------	---

**ARUKAH NETWORK**

England & Wales - Charity number 1162564

---

# Accounts

---



# ARUKAH NETWORK

## ANNUAL REPORT 2021-22

# TABLE OF CONTENTS

**03** CHARITY OVERVIEW

**04** TRUSTEES + TEAM

**05** REVIEWING FOR GROWTH

**06** THEORY OF CHANGE

**07** THE YEAR IN NUMBERS

**08** STORIES OF SUPPORT

**09** FINANCIAL REVIEW

**10** ANNUAL ACCOUNTS



# CHARITY OVERVIEW

Charity Name: Arukah Network

Registered Charity Number: 1162564

Registered address: Arukah Network,  
169a Pinner Road,  
Harrow,  
HA1 4EX,  
UK

The objects of Arukah Network, as stated in our governing document, are:

“The relief of sickness and the preservation and promotion of physical and mental health among vulnerable communities in low and middle-income countries in Africa, Asia and South America.”



# TRUSTEES

The charity trustees are:

Mrs Kerryann Cope (Chair)

Dr Nick Henwood

Prof Andrew Tomkins

Mrs Margaret Bee

Mrs Jane Hellings

Elizabeth Lloyd

Mr Dan Ronoh

Appointment of trustees:

Apart from the first charity trustees, every trustee must be appointed for a term of three years by a resolution passed at a properly convened meeting of the charity trustees. In selecting individuals for appointment as charity trustees, the charity trustees must have regard to the skills, knowledge and experience needed for the effective administration of the CIO.

Information for new charity trustees:

The charity trustees will make available to each new charity trustee, on or before his or her first appointment:

- A copy of the current version of our constitution; and
- A copy of the CIO's latest Trustees' Annual Report and statement of accounts.

# SUPPORT TEAM

Our Support Team all work for Arukah Network in a part time capacity to help connect and support our members.

Tom Davenport - Operations Manager

Elizabeth Lloyd - Network Coach

Ted Lankester - Strategic Advisor

Brian Wainaina - Communications Coordinator

Robins Ochieng - Cluster Support Lead for Africa

Teresa Echevarria - Finance Administrator

Jake Lloyd - Podcast Presenter



# REVIEWING FOR GROWTH

For a number of years we have wanted to invest in our Monitoring and Evaluation capabilities in order to be able to show the true impact of our work as a Network. Thanks to a grant from the Vitol Foundation we have been able to make huge strides forward in this during this year.

During this year we undertook a major survey of our membership to provide some baseline data on our members, who are our primary beneficiaries, and how they engage with and perceive Arukah Network. Evaluating this data, with the help of a consultant, gave us incredible insight and helped us create a vision for the future of the Network.

In light of this data and a vision for a growing global network which sees the health and wellbeing of communities around the world continually improving, we put together a new Theory of Change. As we move into 22-23 we are seeing this Theory of Change impact all levels of our work.



## MEMBERS SURVEY RESULTS

**96% OF MEMBERS ARE IN A CLUSTER**

**85% OF MEMBERS ARE LEARNING WITH OTHER CLUSTERS**

### CLUSTER FOCUS IS DIVERSE

- Community Development
- Supporting vulnerable groups
- Disability and inclusion
- Capacity building
- Savings groups
- Advocacy
- Supporting teen mothers
- Migrant livelihood
- Preventative healthcare
- Relief work
- Empowering young people

# SAME PASSION NEW THEORY OF CHANGE

We believe every community has the gifts and skills it needs to improve the health and wellbeing of all its members. We know local leaders care about their communities and want to improve health and wellbeing.

However, local leaders in vulnerable communities are often working in isolation and have minimal resources. Also, in a world of fake news, the best evidence based ways of working often don't reach the community level. Together these factors make it very hard to create sustainable change in health and wellbeing at a community level.

IMPROVING THE  
HEALTH OF  
COMMUNITIES  
TOGETHER

## OUR VISION

is to see health and wellbeing in communities around the world continually improving.

## OUR MISSION

is to be a global network which **CONNECTS** and **SUPPORTS** local leaders who are working to improve the health and wellbeing of their own communities

We are a global network  
formed of individual members and organisations  
Clusters connect local leaders together  
united either by a geographical location or a shared theme

Webinars, coaching and a range of online resources  
provide global connection, opportunities for development and more tailored support

SALT visits to other members  
are encouraged and facilitated in order to increase connection and support.  
SALT stands for Support, Appreciate, Learn, Transfer

## HOW WE WORK

# ARUKAH CONNECTIONS THIS YEAR IN NUMBERS



**9** CLUSTERS  
IN **5** COUNTRIES



**577**  
WEBINAR  
ATTENDANCE  
AND VIEWS



**255** MEMBERS  
IN 10 CLUSTER  
WHATSAPP GROUPS



**3,458**  
PODCAST  
PLAYS



**3,894**  
WEBSITE PAGE VIEWS  
BY 1,253 DIFFERENT USERS



7,309 FACEBOOK PAGE REACH

23,011 TWITTER IMPRESSIONS

# STORIES OF SUPPORT

As a Network, a huge part of our work is supporting our Clusters to impact their communities. This year we have continued to support our Clusters and their members. We have also begun to develop relationships with possible new Clusters. Here are two small but significant examples of our work this year.

## GROWING GOVERNANCE

While we don't place any restriction on the kind of organisational structure our Clusters take, we recommend that they have certain structures in place. We recommend, for example, that they have a leadership group (which includes a chair, a secretary and a treasurer), a bank account and a constitution.



Our Support Team have been working closely with our Clusters in Zambia to put governance structures in place which can help them impact their community. Without a constitution or a bank account it is almost impossible to apply for any funding, wherever in the world you are. Our Chabbs Cluster now has a bank account and a constitution, and are in the process of becoming registered with the Zambian Government. As a result, they should soon be receiving funding to start a goat farming project to support vulnerable families in their community.

## SEED FUNDING FOR TEEN MOTHERS

Our Seed Fund provided the opportunity for our Clusters to access small grants to kick start a project which could have a major impact on their community. Our Rwanda Cluster received a small grant to purchase pigs and build an area to rear them in. Teen mothers are being trained to rear these pigs and are being given piglets to rear for themselves. This project is giving the young women new skills and an opportunity for a sustainable income source for their families. The Cluster hope that this project will in time provide skills and income for 100 teen mothers in the country.



# FINANCIAL REVIEW



The bulk of our charitable expenditure is spent on the cost of facilitation, training and supporting our Clusters.

Last year's budget showed an underspend due to the impact of the pandemic on our planned work, particularly in the area of Cluster Support Travel and Monitoring and Evaluation, supported by a significant grant from the Vitol Foundation.

With permission from the Vitol Foundation, we carried the remaining grant into this financial year. This means that we are showing an accounting loss for our accounts ending July 2022, shown on the next page, but in reality we have been spending cash carried over from the previous year.

We are extremely grateful for the support we receive from a number of trusts, including the Golden Stable Charitable Trust, the Ogle Trust, the Vitol Foundation and the Marshgate Trust.

We are also extremely grateful to the individuals who give both regularly and one off donations towards the work of our Network.



Having reviewed the current financial situation and our reserves, the trustees believe that Arukah Network will continue for the foreseeable future as a going concern. We do not hold any debts and maintain reserves for at least 3 months of normal operations.

**Ted Lankester (Co-Leader)**

**Elizabeth Lloyd (Trustee)**

**Kerryann Cope (Chair)**

# ANNUAL ACCOUNTS

Statement of Financial Activities for the year ended 31st July 2002

	Unrestricted Funds				2022	2021
	General Funds	Designated Funds	Restricted Funds	Endowment Funds	Total Funds	Total Funds
<b>INCOMING RESOURCES</b>						
Total Voluntary Income	21,599	0	150		21,749	22,235
Grants	17,000		0		17,000	70,275
Other Incomes	808		0		808	2,289
<b>Total Incoming resources</b>	<b>39,407</b>	<b>0</b>	<b>150</b>	<b>0</b>	<b>39,557</b>	<b>94,799</b>
<b>RESOURCES EXPENDED</b>						
Costs of generating funds	3,920		0		3,920	4,221
Charitable activities	48,168		0		48,168	50,339
Finance and Administration	6,487				6,487	6,312
<b>Total Resources expended</b>	<b>58,575</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>58,575</b>	<b>60,872</b>
Net Income(Expenditure) for the year and net movement in funds	-19,168		150		-19,018	33,927
Fund Balance brought forward at 31 July 2021					64,429	30,502
<b>Fund balances carried forward at 31 July 2021</b>	<b>-19,168</b>	<b>0</b>	<b>150</b>		<b>45,411</b>	<b>64,429</b>
<b>FUNDS</b>						
General Fund					36,787	55,955
Restricted funds					8,624	8,474
<b>Total funds</b>					<b>45,411</b>	<b>64,429</b>
Cash held at CAF Bank as at 31 July 2022					45,085	63,635
Less/Cash held in Post-box Account						
Cash held in PayPal account						
Other Debtors					1,951	2,202
					47,036	65,837
Payment due to HMRC and Nest for July 2022					0	0
Other Creditors					-1,625	-1,408
<b>Reconciled cash in hand</b>					<b>45,411</b>	<b>64,429</b>

Continued on page 10

# ANNUAL ACCOUNTS

Statement of Financial Activities for the year ended 31st July 2022  
continued from page 9

	Unrestricted Funds				2022	2021
	General Funds	Designated Funds	Restricted Funds	Endowment Funds	Total Funds	Total Funds
<b>1 Voluntary Income</b>						
1.1 Gift-Aided Donation	7,685		120		7,805	10,108
1.2 Tax Recovered	1,921		30		1,951	2,202
1.3 Other	11,993				11,993	10,701
1.4 Events/Training	800				800	1,500
1.5 Income from Investments	8				8	13
<b>Total Voluntary Income</b>	<b>22,407</b>	<b>0</b>	<b>150</b>	<b>0</b>	<b>22,557</b>	<b>24,524</b>
<b>2 Other incoming resources</b>						
2.1 Grants	17,000				17,000	70,275
<b>Total Incoming resources</b>	<b>39,407</b>	<b>0</b>	<b>150</b>	<b>0</b>	<b>39,557</b>	<b>94,799</b>
<b>RESOURCES EXPENDED</b>						
<b>3 Costs of generating funds</b>						
3.1 Fundraising	3,920				3,920	4,221
<b>Total Resources expended</b>	<b>3,920</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>3,920</b>	<b>4,221</b>
<b>4 Charitable activities</b>						
4.1 Cluster costs	30,461				30,461	30,685
4.2 International Forums	0				0	3,386
4.3 Networking	4,438				4,438	3,662
4.4 Management and strategy	13,269				13,269	11,830
4.5 Other expenses	0	0	0		0	776
	<b>48,168</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>48,168</b>	<b>50,339</b>
<b>5 Finance and Administration</b>						
5.1 Insurance	312				312	312
5.2 Administration	6,175				6,175	6,000
	<b>6,487</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>6,487</b>	<b>6,312</b>
<b>Total resources expended</b>	<b>58,575</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>58,575</b>	<b>60,872</b>

Notes 1.1. Donations given as one-off and by regular payment  
1.2 Tax reclaimed up to 31 July 2022  
2.1 Grant received from Golden Stable, Marshgate Trust and Ogle Charitable Trust.

Report to the Trustees/Members of	Arukah Network		
On account for the year	01/08/2021 to 31/07/2022	Charity No.	1162564
Set out pages	11 pages		

Respective trustees and examiner The Charity's Trustees are responsible for the preparation of the responsibilities of account. The Charity's trustees consider that an audit is not required for this year under section 144 of the Charities Act 2011 (The Charities Act) and that an independent examination is needed.

It is my responsibility to:  
 examine the accounts under section 145 of the Charities Act  
 Follow the procedures laid down in the general Directions given by the Charity Commission (Under section 145(5)9b) of the Charities Act; and  
 state whiter particular matters have come to my attention.


Basic 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 those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from the trustees concerning such matters. The procedure undertaken do not provide all the evidence that would be required in an audit, and consequently no opinion is given as to whether the accounts present a 'true and fair' view and the report is limited to those matters set out in the statement below.

Independent examiner's statement In connection with my examination, no matter has come to my attention.

1. Which gives me reasonable cause to believe that, in any material respect, the requirements
  - to keep accounting records in accordance with section 130 of the Charities Act; and
  - to prepare accounts which accord with the accounting records and comply with the accounting requirements of the Charities Act.

have not been met

2. To which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached

Signed  Date 25 MAY 2023

Name Timothy Mark Dauncey

Relevant professional qualification(s) or body (if any) FCCA

Address 4 Kentish Gardens, Tunbridge Wells, Kent, TN2 5XU



**ARUKAH NETWORK**

England & Wales - Charity number 1162564

---

# Accounts

---



## ANNUAL REPORT 2020-21

Arukah Network, CIO number: 1162564

Registered address: Arukah Network, 169a Pinner Road, Harrow, HA14EX

### **The objects of Arukah Network, as stated in our governing documents are:**

“The relief of sickness and the preservation and promotion of physical and mental health among vulnerable communities in low and middle-income countries in Africa, Asia and South America.”

From our website [www.arukahnetwork.org](http://www.arukahnetwork.org) :

“Uniting us is a belief that every community is full of strengths and potential - uniquely equipped to meet the challenges it faces and to pursue a sustainable future for all its members.

Through our network and its 'Clusters' of local people, we help to bring about change in our communities.

We do this by connecting people, by building relationships and trust, by celebrating and sharing our skills, by identifying barriers to health and wellbeing, and together creating solutions to overcome them.”

### **Our purpose:**

Arukah Network mobilises and invests in localised collaborative networks, in order to enable community-led access to health, wellbeing and happiness. We do this by supporting communities to:

- 1) **Connect** with each other, and with other experts and mentors,
- 2) Access accurate up to date **information**, knowledge and training
- 3) Increase their impact and **influence**.

### **Trustees:**

The charity trustees are as follows, and are appointed for the following terms –

- ★ Mrs Kerryann Cope (Chair) for four years
- ★ Dr Nick Henwood for three years
- ★ Prof Andrew Tomkins for three years

- ★ Mrs Margaret Bee for two years
- ★ Mrs Jane Hellings, for three years
- ★ Elizabeth Lloyd, for three years
- ★ Mr Dan Ronoh, for three years

### **Appointment of trustees**

Apart from the first charity trustees, every trustee must be appointed for a term of three years by a resolution passed at a properly convened meeting of the charity trustees. In selecting individuals for appointment as charity trustees, the charity trustees must have regard to the skills, knowledge and experience needed for the effective administration of the CIO.

### **Information for new charity trustees**

The charity trustees will make available to each new charity trustee, on or before his or her first appointment:

- a) A copy of the current version of our constitution; and
- b) A copy of the CIO's latest Trustees' Annual Report and statement of accounts.

### **Support Team**

During this year we made some changes to our staff team. The team is now called the Support Team and is made up of the following people:

- ★ Tom Davenport - Operations Manager
- ★ Elizabeth Lloyd (nee Wainwright) - Network Coach (previously co-Leader)
- ★ Ted Lankester - Strategic Advisor
- ★ Jake Lloyd - Communications Advisor
- ★ Brian Wainaina - Communications Coordinator
- ★ Robins Ochieng - Cluster Support Lead for Africa
- ★ Teresa Echevarria - Finance Administrator

### **A year in the life of Arukah - 10 highlights of the past year**

This past year has been challenging and unique for everyone around the world, and Arukah is no different. Where we would usually be able to travel to collaborate across countries and borders, the global pandemic has prevented this. Communities represented by our Network have been hit hard by COVID's devastating impact, and followed by the ongoing secondary effects like mass migration, a lack of food and lack of employment. Far from limiting us, the sharp focus on global and local health has driven our members deeper into serving their

communities and forced creative ways of connecting as a wider network and movement.

### 1. A global gathering - Our 2020 Forum went online

We refused to let a global pandemic stop us gathering, so just like many others, we went online! Over 75 members, representing all nine Clusters attended eight sessions over two days. Topics included sustainability in our work, empowering women, learning from failure, understanding mental health, and more! We are looking forward to being able to gather in person again, but all benefited hugely from being able to connect in this way.

### 2. Creating a global learning community - the start of monthly Linking 2 Learn sessions

Learning from the success of both our Network-wide online forum and the regular sessions our Uttarakhand Cluster have run for many years, we launched our Linking 2 Learn (L2L) sessions. On the first Wednesday of every month members from across the Network gather on zoom to discuss a topic they have suggested. We connect together, hear from a member or two with experience and expertise in the topic, and then discuss and ask questions of each other. So far our topics have included fighting fake news, organising well, dealing with loss of loved ones, coping with a loss of income, coaching in communities and much more!

### 3. How to build community - A Podcast partnership with Tearfund

We love partnering with other like-minded organisations to help further connect our members, inform a wider audience and influence the global development community for good. This year has seen an exciting development in our work, as we launched our podcast partnership with Tearfund. With guests and listeners from around the world, the podcast provides practical stories and exciting insights to help those serving their communities.

### 4. Relief direct to communities – Covid19 Relief Fund

As the pandemic hit, the needs of many changed dramatically. Arukah Network called on our friends and supporters to bring together a small COVID relief fund, which was used to support relief work by our Clusters in Africa and India.

### 5. Initiating new growth - Launch of the Cluster Seed Fund

Our approach as a Network is to sustainably support the self-sufficiency of local communities. As communities begin to move from relief into recovery and development following the Covid pandemic, we launched our Seed Fund, with the aim of providing a small amount of funding to catalyse new work in Clusters which enable communities to provide sustainably for themselves. Project applications

across the Clusters included rearing goats and pigs to provide sustainable income for vulnerable community members, supporting migrants with business creation, and Clusters creating income generating businesses themselves. From small seeds grow huge forests!

## 6. 12-steps to community success - Launching our Cluster Handbook

During this year our Support Team worked hard to write and publish our Cluster Handbook. This is a simple 12-step guide to help start, maintain and grow Clusters. It features case studies, stories, practical tools and ideas, and is already being used in a number of communities in Africa and India considering starting new Clusters.

## 7. Supporting global growth - New support team members

Our network is facilitated by a small Support Team, who help Clusters start, operate and grow. We've been able to add two new members to this team during the past year, with Tom and Brian joining us. Tom Davenport comes from a background in community work and church planting in the UK to help us as our part-time Operations Manager. He is helping to develop and document our strategy, and to set up structures and processes to aid growth and connection. Brian Wainaina, from Nairobi, Kenya, joins us with a background in helping organizations communicate with their audiences. He has a degree in marketing and is one of our resident communications experts. He has taken on the role of part-time Communications Coordinator for the Network. Elizabeth Lloyd (nee Wainwright) will be shifting her role to focus on being a Network Coach and a trustee for the network.

## 8. Measuring our impact - Launching our Members survey

With the support of an experienced Monitoring & Evaluation consultant from Tearfund (who is also a friend of Arukah Network), we have been understanding and developing how we monitor and evaluate our work as a network. As part of this process we have been asking our members to share their understanding and experiences of their Clusters and the wider network to give us some baseline data. From this we are developing an ongoing monitoring process. This is work that began in 2019/2020, but because of its need for meetings and travel, was delayed because of the pandemic.

## 9. Moving forward together - strategic planning as a Support Team

With the addition of new team members, our Support Team spent significant time this year reviewing how we work together, clarifying the vision and goals of the team, and our plans to make these goals a reality and effectively support the Network going forward.

## 10. New partnerships and new communities

The reach of Arukah has always grown organically via word of mouth, and this past year this hasn't stopped! Our team, with the help of key members, is working with a number of groups and individuals in both Africa and India who have heard about our way of working and are interested in starting a Cluster. We are excited to be investing in these communities and look forward to seeing how these relationships develop over the coming years.

### **The year ahead**

As the pandemic continues to leave destruction in its wake and the world gets used to a 'new normal', Arukah Network will continue to help Clusters serve their communities. We will focus on ways we can support and facilitate our members in rebuilding their communities. As secondary effects of the pandemic combine with the impact of climate change and the already desperate inequalities across the world, our plans are to affirm, encourage and grow the work of our current Clusters, and continue to work with those expressing an interest to partner with us.

Although the next 12 months is full of uncertainty for many, our strategic planning process has helped us put some specific aims in place to help us meet the goals we have for the network.

We plan to implement new membership and partnership procedures for Clusters, to help strengthen our connections and ways of working. Combined with this, we are implementing a new coaching approach in order to provide specific support to individuals and groups across the network and encourage growth.

As the Support Team continues to grow and develop with the Network, we hope to contract an experienced practitioner in India to enable us to give more focussed support to our Indian Clusters in the wake of the devastating effect of COVID there.

Our desire over time is that Arukah becomes more and more led by the members of the Network to help this we plan to develop an International Advisory Group to help guide the global work of the Network. We also plan to hold further forums and gatherings, alongside our continuing Linking 2 Learn programme, which will enable members to share their experiences and connect together more.

We are continually grateful to those who support us as a charity in the UK and we are launching a new 'Friends of Arukah' programme. This will recognise and provide added value to our current individual supporters, and provide a mechanism for more individuals to join the work of the Network and support more regularly.

## Financial review

Our Clusters work to bring about sustainable community-led health and well-being, and our Network helps these groups connect and support each other. Our expenditure, therefore, represents a different approach to traditional international development work, which channels funds to implement and lead projects on behalf of local people. Instead we work with Clusters, led by members of their own communities, to identify and amplify good local initiatives, and fill any gaps with connections, coaching and facilitation, and move towards sustainability together. Therefore, the bulk of our charitable expenditure is on the cost of facilitation, training and in previous years travel costs.

During the pandemic our normal routines of travel and in person forums were disrupted. As a result of this our budget shows an under spend on last year's projections. We have accounted for this in the budget for the coming year, with our planned expenditure overreaching our projected income, using the under spend from donations last financial year.

We are extremely grateful for the support we receive from a number of trusts, including the Golden Stable Charitable Trust, the Ogle Trust, the Vitol Foundation, the Marshgate Trust, the Souter Trust and the SMB Charitable Trust. We are also extremely grateful to the individuals who give both regularly and one off donations towards the work of our Network.



Ted Lankester(Co-Leader) Elizabeth Lloyd (Trustee) Kerryann Cope (Chair)

November 2021.

Arukah Network Statement of Financial Activities  
for the year ended 31 July 2021

	Unrestricted Funds		Restricted Funds	Endowment Funds	2021 Total Funds	2020 Total Funds
	General Funds	Designated Funds				
<b>INCOMING RESOURCES</b>						
Total Voluntary Income	21,460	625	150		22,235	20,631
Grants	70,275		0		70,275	63,045
Other Incomes	1,513		776		2,289	3,115
<b>Total Incoming resources</b>	<b>93,248</b>	<b>625</b>	<b>926</b>	<b>0</b>	<b>94,799</b>	<b>86,791</b>
<b>RESOURCES EXPENDED</b>						
Costs of generating funds	4,221		0		4,221	5,683
Charitable activities	49,563		776		50,339	55,162
Finance and Administration	6,312				6,312	5,112
<b>Total Resources expended</b>	<b>60,096</b>	<b>0</b>	<b>776</b>	<b>0</b>	<b>60,872</b>	<b>65,957</b>
Net Income(Expenditure) for the year and net movement in funds	33,152	625	150		33,927	20,834
Fund Balance brought forward at 31 July 2020					30,502	9,668
<b>Fund balances carried forward at 31 July 2021</b>	<b>33,152</b>	<b>625</b>	<b>150</b>		<b>64,429</b>	<b>30,502</b>
<b>FUNDS</b>						
General Fund					55,955	22,178
Restricted funds					8,474	8,324
<b>Total funds</b>					<b>64,429</b>	<b>30,502</b>
Cash held at CAF Bank as at 31 July 2021					63,635	28,042
Less/Cash held in Post-box Account						
Cash held in PayPal account						
Other Debtors					2,202	3,745
					65,837	31,787
Payment due to HMRC and Nest for July 2021					0	0
Other Creditors					-1,408	-1,285
<b>Reconciled cash in hand</b>					<b>64,429</b>	<b>30,502</b>

	Unrestricted Funds				2021	2020
	General Funds	Designated Funds	Restricted Funds	Endowment Funds	Total Funds	Total Funds
<b>1 Voluntary Income</b>						
1.1. Gift-Aided Donation	9,488	500	120		10,108	9,564
1.2 Tax Recovered	2,047	125	30		2,202	2,391
1.3 Other	9,925		776		10,701	11,461
1.4 Events/Training	1,500				1,500	330
1.5 Income from Investments	13				13	0
<b>Total Voluntary Income</b>	<b>22,973</b>	<b>625</b>	<b>926</b>	<b>0</b>	<b>24,524</b>	<b>23,746</b>
<b>2 Other incoming resources</b>						
2.1 Grants	70,275				70,275	63,045
<b>Total Incoming resources</b>	<b>93,248</b>	<b>625</b>	<b>926</b>	<b>0</b>	<b>94,799</b>	<b>86,791</b>

## RESOURCES EXPENDED

### 3 Costs of generating funds

3.1 Fundraising	4,221				4,221	5,683
-----------------	-------	--	--	--	-------	-------

<b>Total Resources expended</b>	<b>4,221</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>4,221</b>	<b>5,683</b>
---------------------------------	--------------	----------	----------	----------	--------------	--------------

### 4 Charitable activities

4.1 Cluster costs	30,685				30,685	43,447
4.2 International Forums	3,386				3,386	50
4.3 Networking	3,662				3,662	3,366
4.4 Management and strategy	11,830				11,830	5,514
4.5 Other expenses	0	0	776		776	2,785
	<b>49,563</b>	<b>0</b>	<b>776</b>	<b>0</b>	<b>50,339</b>	<b>55,162</b>

### 5 Finance and Administration

5.1 Insurance	312				312	312
5.2 Administration	6,000				6,000	4,800

	<b>6,312</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>6,312</b>	<b>5,112</b>
--	--------------	----------	----------	----------	--------------	--------------

<b>Total resources expended</b>	<b>60,096</b>	<b>0</b>	<b>776</b>	<b>0</b>	<b>60,872</b>	<b>65,957</b>
---------------------------------	---------------	----------	------------	----------	---------------	---------------

Notes **1.1. Donations given as one-off and by regular payment**  
**1.2 Tax reclaimed up to 31 July 2021**  
**2.1 Grant received from Golden Stable, Marshgate Trust Souter Trust, Ogle Charitable Trust, SMB Charitable Trust and Vitol Foundation.**

**Vitol Foundation grant of £ 46K, was to provide one off funding for a large project on our monitoring and evaluation across the Network. There is not expectation that this will be ongoing, but other funding organisations are providing funds towards our ongoing costs and current and future projects.**

Report to the Trustees/Members of	Arukah Network		
On account for the year	01/08/2020 to 31/07/2021	Charity No.	1162564
Set out pages	8 pages		

Respective responsibilities of trustees and examiner The Charity's Trustees are responsible for the preparation of the account. The Charity's trustees consider that an audit is not required for this year under section 144 of the Charities Act 2011 (The Charities Act) and that an independent examination is needed.

It is my responsibility to:

examine the accounts under section 145 of the Charities Act Follow the procedures laid down in the general Directions given by the Charity Commission (Under section 145(5)9b) of the Charities Act; and state whiter particular matters have come to my attention.

Basic 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 those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from the trustees concerning such matters. The procedure undertaken do not provide all the evidence that would be required in an audit, and consequently no opinion is given as to whether the accounts present a 'true and fair' view and the report is limited to those matters set out in the statement below.

Independent examiner's statement In connection with my examination, no matter has come to my attention.

1. Which gives me reasonable cause to believe that, in any material respect, the requirements
  - to keep accounting records in accordance with section 130 of the Charities Act; and
  - to prepare accounts which accord with the accounting records and comply with the accounting requirements of the Charities Act.

have not been met

2. To which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached

Signed  Date 25 MAY 2022

Name Timothy Mark Dauncey

Relevant professional qualification(s) or body (if any) FCCA

Address 4 Kentish Gardens, Tunbridge Wells, Kent, TN2 5XU

**ARUKAH NETWORK**

England & Wales - Charity number 1162564

---

# Accounts

---

Arukah Network, CIO number: 1162564

Registered address: Arukah Network, 169a Pinner Road, Harrow, HA1 4EX, UK

In 2019-20, the CIO is managed by the following part-time team:

- Miss Elizabeth Wainwright – Network Curator / Coach
- Miss Rivka Shaw – Network Coordinator
- Dr Ted Lankester – Network Adviser & Ambassador
- Mr Jake Lloyd -- Communications Coordinator
- Ms Teresa Echevarria – Finance Administrator
- Mr Robins Odiro – Cluster Development

Trustees:

The charity trustees are as follows, and are appointed for the following terms –

- Mrs Kerryann Cope (Chair) for four years
- Dr Nick Henwood for three years
- Prof Andrew Tomkins for three years
- Mrs Margaret Bee for two years
- Mrs Jane Hellings, for three years
- Mr Dan Ronoh, for three years

Appointment of trustees

1) Apart from the first charity trustees, every trustee must be appointed for a term of three years by a resolution passed at a properly convened meeting of the charity trustees.

2) In selecting individuals for appointment as charity trustees, the charity trustees must have regard to the skills, knowledge and experience needed for the effective administration of the CIO.

Information for new charity trustees

1) The charity trustees will make available to each new charity trustee, on or before his or her first appointment:

- a) A copy of the current version of our constitution; and
- b) A copy of the CIO's latest Trustees' Annual Report and statement of accounts.

The objects of Arukah Network, as stated in our governing document, are:

*"The relief of sickness and the preservation and promotion of physical and mental health among vulnerable communities in low and middle-income countries in Africa, Asia and South America."*

From our website [www.arukahnetwork.org](http://www.arukahnetwork.org) :

*"Uniting us is a belief that every community is full of strengths and potential - uniquely equipped to meet the challenges it faces and to pursue a sustainable future for all its members."*

*Through our network and its 'Clusters' of local people, we help to bring about change in our communities.*

*We do this by connecting people, by building relationships and trust, by celebrating and sharing our skills, by identifying barriers to health and wellbeing, and together creating solutions to overcome them."*

*"Arukah Network's approach is in line with my own aspiration – as a platform to share ideas, knowledge and skills as well as finances to help stimulate community involvement for lasting development."*

Nasilele, Monze Cluster, Zambia

Our purpose:

Arukah Network mobilises and invests in localised collaborative networks, in order to enable community-led access to health, wellbeing and happiness. We do this by supporting communities to:

- 1) Connect with each other, and with other experts and mentors,
- 2) Access good information, knowledge and training
- 3) Increase their impact and influence.

Some recent Cluster successes have included:

- Rapid Cluster responses to the Covid19 pandemic, helped by donations from Arukah supporters – e.g. food distribution to vulnerable families; awareness-raising and education; distribution of hygiene packs.
- Improved relationships and community conversations
- New Cluster launches in Rwanda and Zambia, catalysed by existing Clusters
- Bihar led a survey of migrant workers, to understand their unique needs during the pandemic, and create an appropriate response. Read more here: <https://www.arukahnetwork.org/post/010720>
- Cluster initiatives (e.g. road-building in Zambia to improve access to healthcare and market) that have been initiated and implemented through nurturing from inside our network, rather than imposed from 'HO'.

Activities in 2019-20 that helped us carry out our purpose:

- We launched a Covid19 community support fund, soon after the pandemic took hold in 2020. <https://www.arukahnetwork.org/covidfund> -- this supported Clusters with small funds to facilitate e.g. awareness campaigns, and distribution of soap, masks, and food.
- We supported and promoted Cluster-led initiatives, e.g. Bihar Cluster's survey. We will be able to share more in next year's annual report as the crisis is an unfolding one.
- We continued to develop our 'How to Build Community' podcast -- <https://soundcloud.com/user-471889218> this has had listeners in over 50 countries. As well as online, our podcast is aired on various community radio shows in the UK and Africa.
- We nurtured new Clusters in Rwanda and Zambia. The official 'launch' of the Rwanda Cluster took place in January 2020, and was facilitated by team member Robins Odiyo who travelled there from Kenya.
- We planned an international gathering for September 2020.
- We developed a relationship with the Welcome Centre for Cultures and Environments of Health (WCCEH) at Exeter University. This resulted in a small amount of funding to help us to explore and develop our impact assessment work, and we held a workshop with them in September 2019. Robins from Kenya came to the UK to be part of this.
- We nurtured relationships with trusts, including the Vitol Foundation who awarded us a grant to be split over two years, to support our impact assessment work, and the development of Clusters.

- Ted Lankester and Nathan Grills promoted the latest edition of their book, setting up Community Health Programmes (Oxford University Press). This was made available to all Cluster members via online PDFs, or hard copy where available.

*"I was attracted to the Cluster idea because I am very much interested in using the little knowledge I have to help other people."*

– Eukeria, Monze Cluster, Zambia

Our blogs go deeper into stories and testimonies of how our approach is supporting individuals and communities -- <https://www.arukahnetwork.org/blog>

#### Our approach and expenditure:

We work with our Clusters to identify and amplify good local initiatives, and fill any gaps that might exist through connections, facilitating, training, and coaching. We work with Clusters to bring about sustainable community-led health and wellbeing, and we work alongside them to discover rather than deliver. If Arukah Network ceased existing, we hope and expect that Clusters would carry on working together.

Our way of working does not reflect traditional approaches in international development, where often, the bulk of charitable income is spent directly on implementing and leading projects of a defined duration.

Our approach means that we do not 'intervene' or 'implement' projects ourselves, and so our 'project' costs are relatively low. The bulk of our expenditure is therefore on travel, facilitation and training costs, and occasionally small seed-funds for Cluster work, which reflects our approach of accompaniment, supporting community leaders, training, and encouraging self-sufficient Cluster work.

Clusters are achieving good things through collaboration and shared learning and partnerships, and for relatively little or no cost. Local or in-kind initiatives that have come about as a result of our approach do not appear in our accounts, for example, the many hours of support from pro bono teams; or local in-country businesses or individuals that directly sponsor Cluster initiatives; or funding that a Cluster and its organizations apply for directly as a result of being in a Cluster. We are keen to find a way to better document this support, to include in future annual reports.

You can read more about our approach here:

<https://www.arukahnetwork.org/manifesto>

We are especially grateful for financial support from the Golden Stable Charitable Trust, the Ogle Trust, the Vitol Foundation, and from individuals who give us great encouragement in our work.

#### Reserves:

Arukah Network aims to maintain minimum of three months and no more than six months running costs in reserve. As a young, small charity, the trustees are aware we are still working towards our minimum reserve goal. This is gradually improving each year.

#### The year ahead (2020-21):

- We will monitor the Covid19 pandemic as it unfolds, and work out how Arukah Network is best placed to respond, and to share learning.
- We will deepen and roll out our impact assessment work, which includes surveys and Cluster self-assessment. Our funding from Vitol will help us to do this. We have had to postpone travel because of the Covid19 pandemic – this is vital for this work to move forward, so we will need to postpone plans and be agile with our approach.
- We will pursue an emerging partnership with Tearfund, namely, to form a link between our 'How to Build Community Podcast', and their 'Footsteps' magazine.
- We will review our training offerings, and prioritise work according to capacity and potential income.
- We will roll out the latest version of our Cluster Handbook, which acts as a companion for communities that want to initiate sustainable, self-led change.
- We will support Clusters to use a 'Cluster Directory', to facilitate connection and peer mentoring.
- We are due to host an international gathering, but will need to review this in light of the Covid19 pandemic.
- We are developing a 'member's area' of our website, to launch in 2021. This is in response to requests for greater inter-Cluster connection and support.

Appendix:

Dr Ted Lankester's review of the year (published online in December 2020, so some of these activities will fall into the 2020-21 financial year).

At the end of a year like no other, Arukah adviser and ambassador TED LANKESTER reflects on what's taken place in our network during 2020.

I'm writing this in the week that the first person in the western world received the Covid19 vaccine. Her name, now known to many, is Margaret Keenan, a 90 year old grandmother.

And I am also reading these verses from the Old Testament: "My soul was downcast within me. But this I call to mind and have hope. Because of the Lord's great love we are not consumed; his compassions never fail." (Lamentations 3: 20-22)

I hope many of us will soon have something in common with Margaret - a vaccine flowing in our veins. And I expect that most of us will also identify with the writer of these verses. During this year, we will have grieved and lamented, often with sadness, occasionally with anger and frequently with anxiety. But we may also have had days of hope: seeing how good can come out of trouble, hope from despair.

In Arukah, there have been countless stories of compassion from our Clusters. Food shared with neighbours. Kindness shown to those who have been stigmatised. Support given to schoolchildren as they coped with isolation from friends. And sharing information about the dangers of teenage pregnancy.

But above all, we've seen people from all backgrounds work collectively to ease the agonies of those in poverty, starvation and mental anguish. It's a story of how together, as a network of compassionate people, we can and have responded to the needs of the times, whether expected or unexpected. Kindness, creative thinking and receiving the Grace of God have been authentic marks of who we are and what we stand for in this era of Covid19. And I am thankful both to God and for all those in our Clusters who have put the priorities of other people beyond their own, who have loved their neighbours as themselves.

Here are three of our highlights of the year:

## 1. Our Covid19 Response

Of course, Covid-19 has dominated the efforts of all Clusters this year. As many countries went into lockdown, one of the biggest challenges faced in the communities that Clusters serve was hunger and a lack of basic supplies. Across our network, Clusters began to source and distribute food and other materials to families who were struggling.

To support these efforts, Arukah launched a Covid19 Support Fund. Many of our wonderful supporters donated generously to this, and Clusters applied to the fund for sums of money to help further work they had already begun.

India's Bihar Cluster conducted a huge survey in the State in order to understand an enormous migrant crisis as a result of the pandemic. They used the findings to direct their own relief efforts, but also to inform the media and to lobby the government for targeted support.

India's Uttarakhand Cluster co-ordinated the relief efforts of its 50 member organisations, with many being recognised by the government as 'Corona Warriors' in the process. And Clusters in Rwanda, Tanzania, Kenya and Zambia worked in their regions to share food and supplies, to fight fake news and to spread good practice.

## 2. Two New Clusters

Before Covid19 we welcomed our new Rwanda Cluster - a diverse collection of people and organisations whose work supports teenage mothers, orphans, agriculture, homeless children, and the environment. And shortly after our Forum we welcomed our newest, and ninth Cluster, Monze in Zambia - a Cluster which is already running numerous initiatives from road-building to provision of sewing machines and training for young people. I'm looking forward to sharing more from them in the New Year.

### 3. Our Online Forum

Every two years we aim to host an international forum, in which a couple of members of each Cluster meet for a few days somewhere in the world. We share stories, ideas, training and plans. Of course, this didn't happen in 2020. But what did happen was the coming together on Zoom for our first ever Online Forum! We had 8 sessions over 4 days, all on themes suggested by our members. We connected, learned, and developed relationships and friendships, probably more than ever before. You can read a short report about the forum [here](#).

Overall, I believe the impact of Covid19 has amplified the value of our network. It has demonstrated how in times of acute or ongoing need the network has proved its relevance and value. It has demonstrated one valuable way of how God brings hope and new life out of grief and confusion.

We are now on the cusp of a New Year and hopefully of a new era. The roll out of the vaccine will gradually help us to again enjoy more of our favourite things in life, such as hugging our friends and families.

But the direct and indirect effects of Covid19 will last a long time and the value and the challenge for Arukah will be greater than ever. We must continually re-engage and receive support from God and each other even if we feel physically and emotionally tired from what we have been through.

The second part of the verse quoted above continues: "His compassions never fail: they are new every morning". If you are a person who prays, then let's make this our prayer for each other, for those we care for, and for our network during this coming year.



Ted Lankester (Co-Leader) Elizabeth Wainwright (Co-Leader) Kerryann Cope (Chair of Trustees)

February 2021.

Arukah Network Statement of Financial Activities  
for the year ended 31 July 2020

	Unrestricted Funds		Restricted Funds	Endowment Funds	2020 Total Funds	2019 Total Funds
	General Funds	Designated Funds				
<b>INCOMING RESOURCES</b>						
Total Voluntary Income	20,481		150		20,631	16,933
Grants	63,045		0		63,045	54,169
Other Incomes	330		2,785		3,115	506
<b>Total Incoming resources</b>	<b>83,856</b>	<b>0</b>	<b>2,935</b>	<b>0</b>	<b>86,791</b>	<b>71,608</b>
<b>RESOURCES EXPENDED</b>						
Costs of generating funds	5,683		0		5,683	6,201
Charitable activities	52,377		2,785		55,162	56,438
Finance and Administration	5,112				5,112	3,852
<b>Total Resources expended</b>	<b>63,172</b>	<b>0</b>	<b>2,785</b>	<b>0</b>	<b>65,957</b>	<b>66,491</b>
Net Income(Expenditure) for the year and net movement in funds	20,684		150		20,834	5,117
Fund Balance brought forward at 31 July 2019					9,668	4,551
<b>Fund balances carried forward at 31 July 2020</b>	<b>20,684</b>	<b>0</b>	<b>150</b>		<b>30,502</b>	<b>9,668</b>
<b>FUNDS</b>						
General Fund					22,178	1,494
Restricted funds					8,324	8,174
Assets						
<b>Total funds</b>					<b>30,502</b>	<b>9,668</b>
Cash held at CAF Bank as at 31 July 2019					28,042	8,352
Less/Cash held in Post-box Account						
Cash held in PayPal account						
Other Debtors					3,745	1,354
					31,787	9,706
Payment due to HMRC and Nest for July 2020					0	0
Other Creditors					-1,285	-38
<b>Reconciled cash in hand</b>					<b>30,502</b>	<b>9,668</b>

	Unrestricted Funds			Restricted Funds	Endowment Funds	2020 Total Funds	2019 Total Funds
	General Funds	Designated Funds					
<b>1 Voluntary Income</b>							
1.1. Gift-Aided Donation	9,444		120			9,564	5,415
1.2 Tax Recovered	2,361		30			2,391	1,334
1.3 Other	8,676		2,785			11,461	9,379
1.4 Events/Training	330					330	1,310
1.5 Income from Investments	0					0	1
<b>Total Voluntary Income</b>	<b>20,811</b>	<b>0</b>	<b>2,935</b>	<b>0</b>	<b>0</b>	<b>23,746</b>	<b>17,439</b>
<b>2 Other incoming resources</b>							
2.1 Grants	63,045					63,045	54,169
<b>Total Incoming resources</b>	<b>83,856</b>	<b>0</b>	<b>2,935</b>	<b>0</b>	<b>0</b>	<b>86,791</b>	<b>71,608</b>
<b>RESOURCES EXPENDED</b>							
<b>3 Costs of generating funds</b>							
3.1 Fundraising	5,683					5,683	4,668
						0	
<b>Total Resources expended</b>	<b>5,683</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>5,683</b>	<b>4,668</b>
<b>4 Charitable activities</b>							
4.1 Cluster costs	43,447					43,447	46,557
4.2 International Forums	50					50	1,100
4.3 Networking	3,366					3,366	4,251
4.4 Management and strategy	5,514					5,514	8,081
4.5 Other expenses	0		2,785			2,785	361
	52,377	0	2,785	0		55,162	60,350
<b>5 Finance and Administration</b>							
5.1 Insurance	312					312	312
5.2 Administration	4,800					4,800	1,315
	5,112	0	0	0		5,112	1,627
<b>Total resources expended</b>	<b>63,172</b>	<b>0</b>	<b>2,785</b>	<b>0</b>	<b>0</b>	<b>65,957</b>	<b>66,645</b>

Notes

1.1. Donations given as one-off or by regular payment

1.2 Tax reclaimed up to 31 July

2020

2.1 Grant were received from Golden Stable, Alexis Trust, Ogle Charitable, Vitol Foundation

Report to the Trustees/Members of	Arukah Network		
On account for the year	01/08/2019 to 31/07/2020	Charity No.	1162564
Set out pages	10 pages		

Respective responsibilities of trustees and examiner The Charity's Trustees are responsible for the preparation of the account. The Charity's trustees consider that an audit is not required for this year under section 144 of the Charities Act 2011 (The Charities Act) and that an independent examination is needed.

It is my responsibility to:  
 examine the accounts under section 145 of the Charities Act  
 Follow the procedures laid down in the general Directions given by the Charity Commission (Under section 145(5)9b) of the Charities Act; and  
 state whether particular matters have come to my attention.

Basic 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 those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from the trustees concerning such matters. The procedure undertaken do not provide all the evidence that would be required in an audit, and consequently no opinion is given as to whether the accounts present a 'true and fair' view and the report is limited to those matters set out in the statement below.

Independent examiner's statement In connection with my examination, no matter has come to my attention.

1. Which gives me reasonable cause to believe that, in any material respect, the requirements
  - to keep accounting records in accordance with section 130 of the Charities Act; and
  - to prepare accounts which accord with the accounting records and comply with the accounting requirements of the Charities Act.

have not been met

2. To which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached

Signed  Date 22 MAY 2021

Name Timothy Mark Dauncey

Relevant professional qualification(s) or body (if any) FCCA

Address 4 Kentish Gardens, Tunbridge Wells, Kent, TN2 5XU

