

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 :

"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

					2020	2019
	Unrestricted Funds		Restricted Funds	Endowment Funds	Total Funds	Total Funds
	General Funds	Designated Funds				
INCOMING RESOURCES						
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
Total Incoming resources	83,856	0	2,935	0	86,791	71,608
RESOURCES EXPENDED						
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
Total Resources expended	63,172	0	2,785	0	65,957	66,491
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
Fund balances carried forward at 31 July 2020	20,684	0	150		30,502	9,668
FUNDS						
General Fund					22,178	1,494
Restricted funds					8,324	8,174
Assets						
Total funds					30,502	9,668
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
Reconciled cash in hand					30,502	9,668

					2020	2019
	Unrestricted Funds		Restricted Funds	Endowment Funds	Total Funds	Total Funds
	General Funds	Designated Funds				
1 Voluntary Income						
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
Total Voluntary Income	20,811	0	2,935	0	23,746	17,439
2 Other incoming resources						
2.1 Grants	63,045				63,045	54,169
Total Incoming resources	83,856	0	2,935	0	86,791	71,608

RESOURCES EXPENDED

3 Costs of generating funds						
3.1 Fundraising	5,683				5,683	4,668
					0	
Total Resources expended	5,683	0	0	0	5,683	4,668
4 Charitable activities						
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
5 Finance and Administration						
5.1 Insurance	312				312	312
5.2 Administration	4,800				4,800	1,315
	5,112	0	0	0	5,112	1,627
Total resources expended	63,172	0	2,785	0	65,957	66,645

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 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 whether particular matters have come to my attention.

Basic of independent My examination was carried out in accordance with general examiner's statement 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 In connection with my examination, no matter has come to my statement 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

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