



# 2023-2024 Annual Report



**ARUKAH NETWORK**  
FOR GLOBAL COMMUNITY HEALTH

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That's Jackson, Cluster Leader, Goma,  
DRC





# CHARITY OVERVIEW

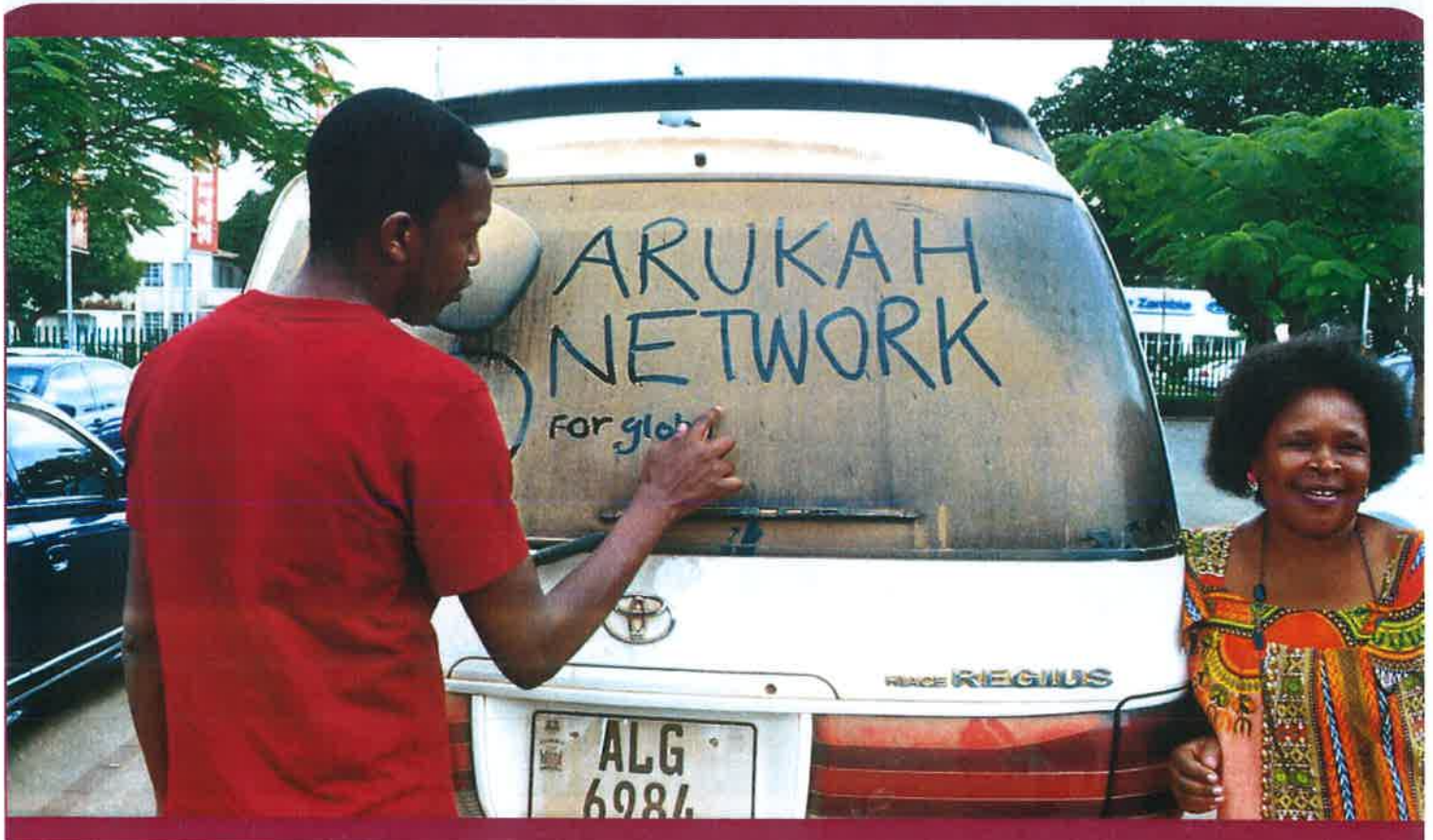
Charity Name: Arukah Network

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





# 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 Total Funds	2023 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		Restricted Funds	Endowment Funds	2024 Total Funds	2023 Total Funds
	General Funds	Designated 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

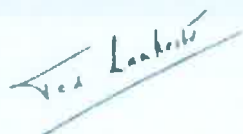
1.2 Tax reclaimed up to 31 July 2024

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 pages		

Respective The Charity's Trustees are responsible for the preparation of the responsibilities of accounts. The Charity's trustees consider that an audit is not trustees and examiner 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 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 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 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