

BEERSHEBA- LIVING WELL

England & Wales · Charity number 1167208

Details

Status Registered

Legal form CIO

Registered 2016-05-19

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

Contact

Address 37a Ravensdale Road
Stamford Hill
London
N16 6TJ

Phone 07972 603026

Email Beersheba-livingwell@sky.com

Activities

Objects: THE PROMOTION OF SOCIAL INCLUSION AMONG THE BAMER COMMUNITY OF HACKNEY AND THE SURROUNDING AREAS WHO ARE SOCIALLY EXCLUDED FROM SOCIETY, OR PARTS OF SOCIETY, AS A RESULT OF LIVING WITH OR BEING AT A GREATER RISK OF TYPE 2 DIABETES AND THE ASSOCIATED DISORDERS, DUE TO LACK OF AWARENESS OF SUPPORT AND UNWILLINGNESS TO SEEK HELP DUE TO CULTURAL DIFFERENCES, BY IN PARTICULAR BUT NOT EXCLUSIVELY: 1. PROVIDING EDUCATION AND INFORMATION TO SUPPORT AND ENABLE PEOPLE TO UNDERSTAND THE ISSUES CONNECTED WITH TYPE 2 DIABETES;2. RAISING PUBLIC AWARENESS OF THE ISSUES AFFECTING THE BAMER COMMUNITY IN RELATION TO THE PREVALENCE OF THE CONDITION AMONGST THE COMMUNITY;3. PROVIDING LEARNING PROGRAMMES AND WORKSHOPS TO ENABLE PEOPLE TO GAIN A BETTER UNDERSTANDING OF THE CONDITION AND HOW IT AFFECTS THE COMMUNITY.

Activities: Facilitate group discussions, physical activities, healthier cooking skills for Black African, Caribbean Heritage & Global Majority Communities at risk/diagnosed with Type 2 diabetes through the voice of lived experience/knowledge of Peer Educators, Health Coaches/Practitioners to address life-style, nutrition, weight management etc, to reduce the onset of diabetes complications and poor health.

Classification

- **How:** Provides Services, Provides Advocacy/advice/information, Other Charitable Activities
- **What:** General Charitable Purposes, Education/training, The Advancement Of Health Or Saving Of Lives, Disability, The Prevention Or Relief Of Poverty, Economic/community Development/employment, Other Charitable Purposes
- **Who:** Elderly/old People, People With Disabilities, People Of A Particular Ethnic Or Racial Origin, The General Public/mankind

Geography

- Throughout London

Finances

Period end	Income	Expenditure	Assets	Employees
2025-07-31	-	-	-	-
2024-07-31	£21,371	£18,429	-	-
2023-07-31	£18,525	£17,903	-	-
2022-07-31	£13,110	£12,504	-	-
2021-07-31	£29,073	£31,811	-	-
2020-07-31	£20,460	£18,612	-	-

Trustees

Name	Role	Appointed
Rosemary Jawara	Chair	2022-05-23
Sabrina Jantuah		2022-05-23

BEERSHEBA- LIVING WELL

England & Wales - Charity number 1167208

Accounts



BEERSHEBA LIVING WELL

ANNUAL REPORT AND ACCOUNTS

For The Period 1st August 2023 - 31st July 2024

Registered Charity Number: 1167208

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CHARITY INFORMATION

Beersheba- Living Well is registered Charitable Incorporated Organisation established by a constitution on the 19 May 2016.

Address

C/O 37A, Ravensdale Road
Hackney
London
N16 6TJ

Chairperson

Mrs Rosemary Jawara

Trustees

Sabrina Jantuah
Rev Joyce Daley



CHAIRPERSON REPORT

Beersheba-Living Well is an equity-led charity governed by three Black African and Caribbean Heritage women from diverse social and cultural backgrounds committed to increasing

community-led outcomes for wellbeing aimed at residents living in lower socio-economic neighbourhoods in Hackney.

Trustees bring experiential knowledge, **shared values**, professional skills etc., together to work as a collective committed to challenging unfair and avoidable differences in health outcomes for certain racial and ethnic populations.

Our aims and objectives encompass our unwavering commitment to address Health inequalities through by way of providing help and support through a relational approach aimed at residents' living with or at high risk of Type 2 diabetes, Hypertension, Obesity related conditions and some of the commonly associated disorders. We do the this by way of strategically targeting neighbourhoods in Hackney where the impact of poverty and inequalities remains and address the cycle of Health inequalities aimed at enabling residents to thrive.

Our cohort of beneficiaries are typically; but not limited to older people, lower income families', communities' who are socially excluded from society, or parts of society. We provide **social support and** specialized information from community leaders living with life-limiting conditions, physical disabilities, anxiety disorders etc., to address wellbeing through a fair distribution of health enhancing resources and opportunities for those who need it most.

It must be said that our success rate with grant funding is significantly impacted by ever increasing competition which restricts our capacity to provide much needed support for our communities. Notwithstanding, the charity continues to work in collaboration with Hackney VCSE Leadership Group as Co-chair, to re-balance the relationship between the VCSE and system partners and spur change through collective action and partnerships that work together to address inequalities for people who live and work in the borough.

In closing, we are looking to recruit like-minded individuals who could spare a few hours per month to further develop the charities mission and vision. All things considered, we wish to improve the capacity and skills of our targeted communities in Hackney through supporting beneficiaries to identify and help meet their needs and thereby engage more fully in society.

OUR WORK THIS FINANCIAL YEAR

AWARDS FOR ALL

We received funding to deliver Changing Places co-developed to provide community-led support for adults and older people from Black African and Caribbean Heritage communities living or working in Hackney affected by pre-existing barriers to health. To address the risk of Type 2 diabetes through health-related solutions driven by the needs and wishes of residents and improve quality of life. Our ambition to improve beneficiaries' knowledge and skillsets was supported through better access to experiential knowledge, specialized information and themed activities including working in collaboration with Made in Hackney to cook and eat healthier and nutritious meals.

HACKNEY GIVING

We received funding to enhance the package of support delivered through our Changing Places project to provide beneficiaries with small packages of food and supermarket vouchers.

REVIEW OF ACTIVITIES

Grant funded projects remain further restricted however, we continue to work in collaboration with the system and health partners with a greater emphasis on social connections, Match projects, neighbourhood development etc., and to drive improvements to Health equity.

INCOME AND FUNDING

CITY AND HACKNEY VCS LEADERSHIP GROUP
AWARDS FOR ALL
HACKNEY GIVING

FINANCIAL REVIEW

The Trustees present their report and financial statements for the year to 31 July 2024. The organisation received £21,371.00 this represents expenditure which the Receipts & Payments Account shows. Health outcomes for the wellbeing of our targeted residents remain limited, notwithstanding, the charity continues to demonstrate good governance and maintain good financial management.

RISK MANAGEMENT

Trustees review the organisation's risk register and ensure good governance through identifying and addressing areas of potential risk. Details of actions taken would be brought to the attention of Trustees at board meetings and recorded in the minutes to safeguard potential risks to the organisation.

TRUSTEES RESPONSIBILITIES

The Board of Trustees recognise their responsibilities for keeping proper accounting records and preparing financial statements each year. The appended accounts have been prepared on the receipts and payments basis and have been examined by an independent examiner, whose report is also appended.

INDEPENDENT EXAMINER'S REPORT TO THE BOARD OF TRUSTEES OF BEERSHEBA-LIVING WELL

I report to the trustees on my examination of the accounts of the above-mentioned charity for the year ended 31st July 2024.

Responsibilities and basis of report

As the charity trustees of the Trust, you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ("the Act").

I report in respect of my examination of the Trust's accounts carried out under section 145 of the 2011 Act and in carrying out my examination, I have followed the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

Independent Examiner's Statements

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination which gives me cause to believe that in, any material respect:

- accounting records were not kept in accordance with section 130 of the Act or
- the accounts do not accord with the accounting records

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn to enable a proper understanding of the accounts to be reached.

ACCOUNTANTS

Patmos Consulting (Global) Limited
5 Chess Close
Latimer
Chesham
Buckinghamshire HP5 1UU

Adedotun Adekunle Adefehinti MIAB, AATQB

Signed: *A A Adefehinti*

Date: 16th May 2025

**BEERSHEBA-LIVING WELL
RECEIPTS AND PAYMENTS FOR THE YEAR
ENDED 31ST JULY 2024**

	Unrestricted Funds	Restricted Funds	Year ended 31/7/2024	Year ended 31/7/2023
	£	£	£	£
Receipts:				
Awards For All	10,000.00	0.00	10,000.00	8,184.00
Hackney CVS	4,332.00	0.00	4,332.00	7,960.52
Hackney CVS - Giving	375.00	0.00	375.00	68.61
Hackney CVS - Co-Chair LG	6,269.00	0.00	6,269.00	300.00
Hackney CVS - Anti-Racist Workshops	245.00	0.00	245.00	2,012.52
Unity Trust Fees Refund	150.00	0.00	150.00	0.00
	21,371.00	0.00	21,371.00	18,525.65
Payments:				
Sessional Peer Educators	0.00	0.00	0.00	0.00
Sessional Staff Costs	5,997.00	0.00	5,997.00	6,038.00
Operational Costs	1,200.00	0.00	1,200.00	0.00
Telephone and Broadband	0.00	0.00	0.00	0.00
Refreshments/consumables	0.00	0.00	0.00	0.00
Travel Expenses	0.00	0.00	0.00	0.00
Operational Costs	0.00	0.00	0.00	880.00
Bursary	10,222.00	0.00	10,222.00	7,508.00
Sundry Expenses (Small Scale)	0.00	0.00	0.00	241.49
Core Costs	0.00	0.00	0.00	260.74
Activity	0.00	0.00	0.00	730.37
Bank Service charges	72.00	0.00	72.00	0.00
Volunteer Expenses	0.00	0.00	0.00	0.00
Publicity and marketing	0.00	0.00	0.00	109.33
Training	0.00	0.00	0.00	95.00
Office expenses	0.00	0.00	0.00	0.00
Equipment	0.00	0.00	0.00	0.00
Accountancy	500.00	0.00	500.00	1,260.00
Insurance	438.62	0.00	438.62	0.00
	0.00	0.00	0.00	440.00
	0.00	0.00	0.00	340.98
	18,429.62	0.00	18,429.62	17,903.91
Receipts over Payments	2,941.38	0.00	2,941.38	621.74
Opening Balance	2,883.74	-809.00	2,074.74	1,453.00
Cash & Bank C/fwd @ 31st July 2024	5,825.12	-809.00	5,016.12	2,074.74

NOTES TO THE ACCOUNTS FOR THE YEAR ENDED 31ST JULY 2024

ACCOUNTING BASIS:

These accounts have been prepared on the receipts and payments basis.

FUNDS OF THE CHARITY:

Receipts of £21,371.00 and payments of £18,429.62 relate to unrestricted funds.

MANAGEMENT AND ADMINISTRATION COSTS:

Management and administration costs relate to admin support to the charity. Programs and activities are delivered by Sessional Peer Educators who are self-employed and must submit invoices for services provided on behalf of the charity. Invoices must include suppliers unique tax reference number (UTR) in which case the charity is not liable for payments to HMRC for staff's tax, national insurance, and other related obligations. However, one Trustee is frequently remunerated for specialist services provided and this is in keeping with the charity commission reporting requirements and the charity's constitution. Apart from this exception, the Board of Trustees give all their time free of charge.

CASH AND BANK DEPOSITS:

All cash and bank deposits are held in the unrestricted general funds.

BEERSHEBA- LIVING WELL

England & Wales - Charity number 1167208

Accounts



Peer Support for People at risk of Type 2 diabetes

Annual Report and Annual Accounts

For The Period 1st August 2022 – 31st July 2023

Registered Charity Number: 1167208

**BEERSHEBA-LIVING WELL
ANNUAL REPORT
FOR THE YEAR ENDED 31ST JULY 2023**

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BEERSHEBA-LIVING WELL

ANNUAL REPORT FOR THE YEAR ENDED 31ST JULY 2023

Charity Information

Beersheba- Living Well is registered charity established by a constitution on the 19 May 2016

ADDRESS

37A, Ravensdale Road
Stamford Hill
London
N16 6TJ

Chair

Mrs Rosemary Jawara

Trustees

Sabrina Jantuah
Rev Joyce Daley

ACCOUNTANTS

Patmos Consulting (Global) Limited
5 Chess Close
Latimer
Chesham
Buckinghamshire HP5 1UU

Adedotun Adekunle Adefehinti MIAB, AATQB

BEERSHEBA-LIVING WELL

ANNUAL REPORT FOR THE YEAR ENDED 31ST JULY 2023

The Trustees present their report and financial statements for the year to 31 July 2023.

Charity: Beersheba–Living Well

The Aims of Beersheba-Living Well:

Beersheba-Living Well adopts a preventive & supportive approach to:

- a) Increase diabetes awareness within Black, Asian, minority Ethnic, Refugee (BAME) groups, and for older people and adults living in lower socio-economic communities
- b) Provide peer support (without encouraging dependence) for residents' experiencing poverty and the effects of discrimination living in London borough Hackney and surrounding areas, where Type 2 diabetes is disproportionately higher than wider communities in the same ward.
- c) Provide non-clinical advice and community based health information to promote healthier behaviours and lifestyle adjustments e.g., weight management, smoking cessation, physical activities, balanced nutrition, stress management, sleep routines, blood glucose control etc.
- d) Embed Equality & Diversity and Safeguarding Adults in our services and activities to support residents' with protected characteristics, promote health outcomes and activate beneficiaries to better manage their own health needs and live better quality lives.
- e) Strategically target neighbourhoods where deprivation and inequalities remain prevalent and relieve the effects of hardship by promoting equality and diversity, health literacy and education. To reduce poverty, & help residents achieve & live better-quality lives.
- f) Co-produce programs and activities that are driven by the needs of and responsive to the wishes of local people and promotes equal opportunities. Empowering marginalised residents to connect, enjoy and achieve, increase levels of self-worth etc., in such a way that they are better able to identify, and help meet, their needs and to participate more fully in society.

REPORT OF THE TRUSTEES

Chairperson:

I am delighted to announce that we recruited two women from the VCS sector who accepted the task of becoming newly appointed members of the Board of Trustees. We will work together as a collective to effectively deploy our own unique experiences and skillsets in preference of the previous leadership model which required specific roles and responsibilities. Newly appointed trustees will be fully supported in further developing their own understanding of the charities aims, objectives and to actively support and promote the development of the charity mission as a specialist service through their engagement in the VCS, and faith groups and wider networks.

Beersheba – Living Well is now best described as an Equity-led organisation driven by three Black African and Caribbean Heritage women with lived experience of Health inequalities, racism, sex discrimination and the like. However, increasingly complex funding requirements and fewer grant funding opportunities restrict our capacity to deliver health enhancing resources through community-led solutions and to expand. Nevertheless, our core values and passion is fuelled by an unwavering commitment to deploy the benefits that Asset-Based Community Development (ABCD) activities engender to address health and wellbeing within marginalized communities' through community-led measures that support prevention. We believe that this approach; when strategically deployed through best change processes is an effective resource that amplifies the efficacy of peer-to-peer support through lived, worked and professional experience. This methodology reduces the life limiting impact of Health inequalities which is our long-term goal.

Our strategic objective is reinforced through working more collaboratively with City and Hackney VCS Leadership Group to address inclusive leadership and co-create anti-racist commissioning principles to influence change at system level.

I invite you to take a few moments to pause and reflect on this most thought-provoking quote I during my research into Racism within the Health system. *"Racism is an unpleasant reality of human interactions, but this is an unpleasantness of our own making, and one that we must look squarely in the eye if we are to have any hope of eradicating it. And as we gaze into the reflective eye of racism, we begin to see ourselves more clearly"*. Tracie Jolliff - Head of Inclusive System Development, NHS England, and Improvement.

Board Members:

Rosemary Jawara: Chairperson
Sabrina Jantuah: Trustee
Rev Joyce Daley: Trustee

FINANCIAL REVIEW

The organisation received £18,525.65 and £17,903.91 represents expenditure which the Receipts & Payments Account shows.

The charity continues to maintain good financial management this fiscal year and our aims and objectives to increase wellbeing for disadvantaged communities stems from the belief that greater community connectivity supports greater resilience through networks of support and empathetic relations. While the charities income has slightly improved this year sadly barriers to health for our targeted communities is also be attributed to limited grant funding and resources which restricts the charities capacity to deliver health transformation.

Risk Management:

Trustees demonstrate a good understanding of the values of reviewing the risk register for the organisation and embed good governance to identify specific areas of risk, whereby dates and details of action\ to be taken would be made known to the Board in a timely manner, to reduce any perceived risks to the continued function of the organisation.

Trustees Responsibilities:

The Board of Trustees fully recognise and adhere to their responsibilities for keeping proper accounting records and preparing financial statements each year. The appended accounts have been prepared on the receipts and payments basis and have been examined by an independent examiner, whose report is also appended.

OUR WORK THIS FINANCIAL YEAR

Living Well Together Project

Beersheba – Living Well improves Health and Well-being for Black African and Caribbean Heritage people struggling with Obesity related conditions including Type 2 diabetes, Hypertension and Arthritis through group learning programs both online and in community settings. We aim to:

Inspire and motivate beneficiaries and the wider public to take greater responsibility for self-care/self-management.

- 1) Develop an asset-based community development approach to co-deliver adult learning programs that embed prevention aimed at reducing inequalities to improve community-based outcomes for wellbeing.
- 2) Build self-sustainable networks of peer support within marginalized communities to reduce inequalities and promote health equity.

Review of Activities:

We understand the importance of impact, evaluation, strategic planning etc., to show case our worth and to make a positive contribution to communities' lives however, grant funded opportunities to deliver services and activities was significantly reduced.

Opportunities to work in collaboration with the system through the VCS has increased further. This opening has improved our capacity to co-create change at a higher leadership level and give agency to marginalized communities to co-create wellbeing.

INCOME AND FUNDING

City and Hackney VCS Leadership Group
London and Quadrant

INDEPENDENT EXAMINER'S REPORT TO THE BOARD OF TRUSTEES OF BEERSHEBA-LIVING WELL

I have examined the attached account and statement, which have been prepared on the receipts and payments basis for the period ended 31st July 2023.

Respective responsibilities of the Trustees and Examiner

The Trustees of the charity are responsible for the preparation of the accounts; they consider that the audit requirement of section 43 (2) of the Charities Act 1993 does not apply. I have been appointed under section 43 of the Charities Act 1993 and report in accordance with regulations made under section 44 of that Act. It is my responsibility to examine the accounts, without performing an audit, and to report to the Board.

Basis of Independent Examiner's Report

This report is in respect of an examination carried out under section 43 of the Charities Act 1993 and in accordance with the directions given by the Charity Commissioners under section 43(7)(b). An examination includes a review of the accounting records kept by the charity Management Committee Members and a comparison of the accounts presented with those records. It also includes a review of the accounts and making such enquiries as are necessary for the purpose of this report. The procedures undertaken do not constitute an audit.

Independent Examiner's Statements

Based on my examination, no matter has come to my attention, which gives me reasonable cause to believe that in any material respect accounting records in accordance with section 41 of the Charities Act 1993, or that the accounts presented do not accord with those records or comply with the accounting requirements of the Charities Act 1993. No matter has come to my attention in connection with my examination to which, in my opinion, attention should be drawn to enable a proper understanding of the accounts.

Adedotun Adekunle Adefehinti
Director
Patmos Consulting (Global) Limited
5 Chess Close
Latimer
Chesham
Buckinghamshire, HP5 1UU

Date: 17th May 2024

A A Adefehinti

BEERSHEBA-LIVING WELL**RECEIPTS AND PAYMENTS FOR THE YEAR ENDED 31ST JULY 2023**

	Unrestricted Funds	Restricted Funds	Year ended 31/7/2023	Year ended 31/7/2022
	£	£	£	£
<u>Receipts:</u>				
L & Q Living Well Together Project	-	8,184.00	8,184.00	-
City and Hackney CVS Leadership Group	7,960.52	-	7,960.52	10,521.38
Petty Cash	68.61	-	68.61	-
Hackney CVS - Giving	300.00	-	300.00	-
Hackney CVS	2,012.52	-	2,012.52	-
Hackney CVS - Neighbourhoods	-	-	0.00	2,589.60
	10,341.65	8,184.00	18,525.65	13,110.98
<u>Payments:</u>				
Sessional Peer Educators	210.00	5,828.00	6,038.00	-
Staff Costs	-	-	0.00	10,900.00
Stationery	-	-	0.00	180.00
Telephone and Broadband	-	-	0.00	-
Refreshments/consumables	-	-	0.00	97.00
Travel Expenses	-	-	0.00	167.00
Operational Costs	880.00	-	880.00	-
Bursary	7,508.00	-	7,508.00	-
Sundry Expenses (Small Scale)	241.49	-	241.49	-
Core Costs	260.74	-	260.74	-
Activity	730.37	-	730.37	-
	-	-	0.00	-
	-	-	0.00	-
Bank Service charges	91.33	18.00	109.33	72.00
Volunteer Expenses	11.00	84.00	95.00	0.00
Publicity and marketing	-	-	0.00	0.00
Training	-	-	0.00	621.00
Office expenses	-	1,260.00	1,260.00	127.00
Equipment	-	-	0.00	0.00
Accountancy	440.00	-	440.00	0.00
Insurance	223.98	117.00	340.98	362.00
	10,596.91	7,307.00	17,903.91	12,526.00
Receipts over Payments	-255.26	877.00	621.74	586.00
Opening Balance	3,139.00	9	1,453.00	867.00
Cash & Bank C/fwd @ 31st July 2023	2,883.74	-809.00	2,074.74	1,453.00

**NOTES TO THE ACCOUNTS
FOR THE YEAR ENDED 31ST JULY 2023**

Accounting Basis

These accounts have been prepared on the receipts and payments basis.

Funds of the charity

Receipts of £10,341.65 and payments of £10,596.91 relate to unrestricted funds. Receipts of £8,184 and payments of £7,307 relate to restricted funds.

Management and Administration Costs

Management and administration costs relate to admin support to the charity. Programs and activities are delivered by Sessional Peer Educators who are self-employed and must submit invoices for services provided on behalf of the charity. Invoices must include suppliers unique tax reference number (UTR) in which case the charity is not liable for payments to HMRC for staff's tax, national insurance, and other related obligations. However, one Trustee is frequently remunerated for specialist services provided and this is in keeping with the charity commission reporting requirements and the charity's constitution. Apart from this exception, the Board of Trustees give all their time free of charge.

Cash and Bank Deposits

All cash and bank deposits are held in the unrestricted general funds.

BEERSHEBA- LIVING WELL

England & Wales - Charity number 1167208

Accounts



Peer Support for People at risk of Type 2 diabetes

Annual Report and Annual Accounts

For The Period 01 August 2021 – 31 July 2022

Registered Charity Number: 1167208

**BEERSHEBA-LIVING WELL
ANNUAL REPORT
FOR THE YEAR ENDED 31ST JULY 2022**

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BEERSHEBA-LIVING WELL

ANNUAL REPORT FOR THE YEAR ENDED 31ST JULY 2022

Charity Information

Beersheba- Living Well is registered charity established by a constitution on the 19th May 2016

ADDRESS

37A, Ravensdale Road
Stamford Hill
London
N16 6TJ

CHAIR

Ms Viola White

TREASURER

Miss Linda Annette Jackman

SECRETARY

Mrs Rosemary Jawara

ACCOUNTANTS

Community Action Sutton
Granfers Community Centre
73-79 Oakhill Road
Sutton
Surrey SM1 3AA

BEERSHEBA-LIVING WELL

ANNUAL REPORT FOR THE YEAR ENDED 31ST JULY 2022

The Trustees present their report and financial statements for the year to 31 July 2022.

Charity: Beersheba–Living Well

The Aims of Beersheba-Living Well:

Beersheba-Living Well adopts a preventive & supportive approach to:

- a) Increase diabetes awareness within Black, Asian, minority Ethnic, Refugee (BAME) groups, and for older people and adults living in lower socio-economic communities
- b) Provide peer support (without encouraging dependence) for residents' experiencing poverty and the effects of discrimination living in London borough Hackney and surrounding areas, where Type 2 diabetes is disproportionately higher than wider communities in the same ward.
- c) Provide non-clinical advice and community based health information to promote healthier behaviours and lifestyle adjustments e.g., weight management, smoking cessation, physical activities, balanced nutrition, stress management, sleep routines, blood glucose control etc.
- d) Embed Equality & Diversity and Safeguarding Adults in our services and activities to support residents' with protected characteristics, promote health outcomes and activate beneficiaries to better manage their own health needs and live better quality lives.
- e) Strategically target neighbourhoods where deprivation and inequalities remains prevalent and relieve the effects of hardship by promoting equality and diversity, health literacy and education. To reduce poverty, & help residents achieve & live better-quality lives.
- f) Co-produce programs and activities that are driven by the needs of and responsive to the wishes of local people and promotes equal opportunities. Empowering marginalised residents to connect, enjoy and achieve, increase levels of self-worth etc., in such a way that they are better able to identify, and help meet, their needs and to participate more fully in society.

REPORT OF TRUSTEES

Chairperson:

The Covid-19 pandemic wreaked havoc for BME communities and organisations already struggling under the multiple burden of structural and systemic Racism and Health inequalities. Our mission to deliver peer supported group learning programs to improve self-care and resilience for adults and older people was significantly restricted due to limited financial investment. This presented significant challenges to the charity which restricted our capacity to provide support for Hackney residents.

Hackney is an ethnically and culturally diverse area with around 40% of residents coming from a non-White background and around 20% identifying as another White ethnic group. Our overall objectives address The Wider Determinants of Health for residents living in neighbourhoods where Deprivation is both a cause and a consequence of Health inequalities. We believe that Equity-led organisations co-create a greater space for community development through health literacy; support when its needed; the voice of lived-experience etc., to improve life-course for communities at the sharp end of Health inequalities.

Wellbeing is an asset derived from feeling good and functioning well when individual's experiences of a good life is not limited by needs and problems that disadvantaged communities have learned to accept. We strongly believe that every individual should have equal access to opportunities that enable them to live free from prejudice and discrimination to achieve their potential. However, financial investment is critical going forward to extend our mission through support when it is needed.

On a different note, the charity continues to be engaged in the work of Hackney VCSE Leadership Group which brings together community leaders and representatives across Hackney to re-balance the relationship between the VCSE and System partners. A member of our Board of Trustees sits on the VCS leadership group as Co-chair to represent grassroots organisations to amplify the voice of marginalized communities; decrease barriers to health; address anti-racist commissioning etc. We value the opportunity to work more collaboratively with VCS partners the health system and continue to look forward to co-creating change.

FINANCIAL REVIEW

The organisation received £13,110.98 and spent £12,525.00 which the Receipts & Payments Account shows.

The charity consistently demonstrated good financial management despite this fiscal year being the most challenging regarding funding for much needed services and activities. The repercussions from the Covid-19 pandemic had a tremendous impact on our objectives which limited our capacity to deliver services. We received a micro-grant to engage residents within Hackney Downs Neighbourhood to deliver a fun day/information day aimed at signposting health information and facilitating connections with people from the local community to address place-based working through multi-agency support in Neighbourhoods. Overall our impact on the communities we serve was severely restricted nonetheless, we ended on a sound financial note.

Risk Management:

The Board of Trustees hold a clear perspective on the continuing impact of the pandemic and the trauma that this has created on all quadrants of society including previously well-established sources of funding. Trustees have clear perspective on the need to review the risk register for the organisation and to identify specific areas of risk and to provide dates and details of actions to be taken to reduce potential risks to the organisation.

Trustees' Responsibilities:

The Board of Trustees recognise their responsibilities for keeping proper accounting records and preparing financial statements each year. The appended accounts have been prepared on the receipts and payments basis and have been examined by an independent examiner, whose report is also appended.

OUR WORK THIS FINANCIAL YEAR

Neighbourhood Community Event:

The aim of 'Neighbourhoods' is to deliver person-centred and integrated care for residents in the communities. Neighbourhood meetings are co-developed with residents to facilitate connections that people have with their local community and to facilitate changes to ways of working with system partners in City and Hackney. We delivered a Health and Wellbeing event at Pembury Community Centre to engage residents in Hackney Downs ward and signpost people to new place-based services within the neighbourhood. The event also marked the Queen's Platinum Jubilee.

Review of Activities:

Grant funded projects was severely restricted and our work was further impacted by the emergence of the Cost-of-Living crisis. Now more than ever we understand that we must be much more strategic in our efforts to address differences in health outcomes between different population groups and the detrimental impact that this has on people's lives particularly in the wake of Covid-19. We aim to create a greater presence through opportunities to work as partners in Neighbourhoods to increase person-centred care for residents that is closer to where they live.

BOARD MEMBERS

Chair: Ms Viola White

Treasurer: Miss Linda Annette Jackman

Secretary: Mrs Rosemary Jawara

FUNDING BODIES

Hackney CVS Leadership Group (Bursary)

INDEPENDENT EXAMINER'S REPORT TO THE BOARD OF TRUSTEES OF BEERSHEBA-LIVING WELL

I have examined the attached account and statement, which have been prepared on the receipts and payments basis for the period ended 31st July 2022

Respective responsibilities of the Trustees and Examiner

The Trustees of the charity are responsible for the preparation of the accounts; they consider that the audit requirement of section 43 (2) of the Charities Act 1993 does not apply. I have been appointed under section 43 of the Charities Act 1993 and report in accordance with regulations made under section 44 of that Act. It is my responsibility to examine the accounts, without performing an audit, and to report to the Board.

Basis of Independent Examiner's Report

This report is in respect of an examination carried out under section 43 of the Charities Act 1993 and in accordance with the directions given by the Charity Commissioners under section 43(7)(b). An examination includes a review of the accounting records kept by the charity Management Committee Members and a comparison of the accounts presented with those records. It also includes a review of the accounts and making such enquiries as are necessary for the purpose of this report. The procedures undertaken do not constitute an audit.

Independent Examiner's Statements

Based on my examination, no matter has come to my attention, which gives me reasonable cause to believe that in any material respect accounting records in accordance with section 41 of the Charities Act 1993, or that the accounts presented do not accord with those records or comply with the accounting requirements of the Charities Act 1993. No matter has come to my attention in connection with my examination to which, in my opinion, attention should be drawn to enable a proper understanding of the accounts.



Dunstanette Kuti FCCA MCSI
Community Action Sutton
Granfers Community Centre
73-79 Oakhill Road
Sutton
Surrey SM1 3AA

Date: 19th July 2023

**BEERSHEBA-LIVING WELL
RECEIPTS AND PAYMENTS FOR THE YEAR ENDED 31ST JULY 2022**

	Unrestricted Funds	Restricted Funds	Year ended 31/7/2022	Year ended 31/7/2021
	£	£	£	£
<u>Receipts:</u>				
L & Q Place Makers Fund	-	-	-	5,000.00
Hackney CVS	10,521.38	-	10,521.38	3,545.04
L & Q / Sports England		-	-	9,987.00
East End Community Fund		-	-	8,049.00
Local Connection Fund		-	-	2,492.00
Hackney CVS - Neighbourhoods	2,589.60	-	2,589.60	-
	13,110.98	-	13,110.98	29,073.04
<u>Payments:</u>				
Sessional Peer Educators	-	-	-	17,043
Staff Costs	10,899.78	-	10,900	-
Stationery	179.50	-	180	156
Telephone and Broadband	-	-	-	181
Refreshments/consumables	97.00	-	97	1,174
Travel Expenses	166.96	-	167	190
Service charges	72.00	-	72	54
Volunteer Expenses	-	-	-	64
Publicity and marketing	-	-	-	35
Training	621.00	-	621	-
Office expenses	126.77	-	127	7,555
Equipment	-	-	-	4,860
Accountancy	-	-	-	220
Insurance	362.23	-	362	279
	12,525	-	12,525	31,811
Receipts over Payments	586	-	586	- 2,738
Opening Balance	2,553	- 1,686	867	3,605
Cash & Bank C/fwd @ 31st July 2022	3,139	- 1,686	1,453	867

BEERSHEBA-LIVING WELL

**STATEMENT OF ASSETS & LIABILITIES
AS AT 31ST JULY 2022**

	Year ended 31/7/2022	Year ended 31/7/2021
	£	£
Cash and Bank:-		
Current Account (Unity Trust)	<u>1,453</u>	<u>867</u>
Fund Balance:-		
Restricted Funds	(1,686)	(1686)
Unrestricted Funds	<u>3,139</u>	<u>2,553</u>
	<u>1,453</u>	<u>867</u>

Approved by the Board of Trustees on the 28 June 2023 and signed on their behalf by

Rosemary Jawara

Rosemary Jawara

Chair

BEERSHEBA-LIVING WELL

NOTES TO THE ACCOUNTS FOR THE YEAR ENDED 31ST JULY 2021

- **Accounting Basis**

These accounts have been prepared on the receipts and payments basis.

- **Unrestricted Funds**

All receipts and payments relate to general unrestricted funds.

- **Management and Administration Costs**

Management and administration costs relate to admin support to the charity. The Board of Trustees give all their time free of charge.

- **Cash and Bank Deposits**

All cash and bank deposits are held in the unrestricted general funds.

BEERSHEBA- LIVING WELL

England & Wales - Charity number 1167208

Accounts



Peer Support For People At Risk Of Type 2 Diabetes

Annual Report and Annual Accounts

For The Period 01 August 2020 – 31 July 2021

Registered Charity Number: 1167208

BEERSHEBA-LIVING WELL

ANNUAL REPORT

FOR THE YEAR ENDED 31ST JULY 2021

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**BEERSHEBA-LIVING WELL
ANNUAL REPORT
FOR THE YEAR ENDED 31ST JULY 2021**

Charity Information

Beersheba- Living Well is registered charity established by a Constitution on the 19th May 2016

ADDRESS

37A, Ravensdale Road
Stamford Hill
London
N16 6TJ

CHAIR

Ms Viola White

TREASURER

Miss Linda Annette Jackman

SECRETARY

Mrs Rosemary Jawara

ACCOUNTANTS

Community Action Sutton
Granfers Community Centre
73-79 Oakhill Road
Sutton
Surrey SM1 3AA

BEERSHEBA-LIVING WELL
ANNUAL REPORT
FOR THE YEAR ENDED 31ST JULY 2021

Report of Trustees

The Trustees present their report and financial statements for the year to 31 July 2021.

Charity: **Beersheba–Living Well**

The Aims of Beersheba-Living Well:

Beersheba-Living Well adopts a preventive & supportive approach to:

- a) Increase diabetes awareness within Black, Asian, minority Ethnic, Refugee (BAME) groups, and for older people and adults living in lower socio-economic communities
- b) Provide peer support (without encouraging dependence) for residents' experiencing poverty and the effects of discrimination living in London borough Hackney and surrounding areas, where Type 2 diabetes is disproportionately higher than wider communities in the same ward.
- c) Provide non-clinical advice and community based health information to promote healthier behaviours and lifestyle adjustments e.g., weight management, smoking cessation, physical activities, balanced nutrition, stress management, sleep routines, blood glucose control etc.
- d) Embed Equality & Diversity and Safeguarding Adults in our services and activities to support residents' with protected characteristics, promote health outcomes and activate beneficiaries to better manage their own health needs and live better quality lives.
- e) Strategically target neighbourhoods where deprivation and inequalities remains prevalent and relieve the effects of hardship by promoting equality and diversity, health literacy and education. To reduce poverty, & help residents achieve & live better quality lives.
- f) Co-produce programs and activities that are driven by the needs of and responsive to the wishes of local people and promotes equal opportunities. Empowering marginalised residents to connect, enjoy and achieve, increase levels of self-worth etc., in such a way that they are better able to identify, and help meet, their needs and to participate more fully in society.

SECRETARY'S REPORT

Beersheba-Living Well continues to bring people from African, Caribbean and Dual heritage communities together to engage in culturally specific adult learning programs co-produced to address inequalities for people affected by long-term health conditions, specifically obesity-related complications and Type 2 diabetes. Beersheba – Living Well continues to evolve as an abcd model for BME communities health and wellbeing and deploys an enabling leadership style that improves beneficiaries understanding of active self-care and the benefits of networks of support.

The stark impact of the Corona-virus pandemic laid bare the detrimental impact on BME people's wellbeing and life course stemming from inequalities; systemic racism; the wider determinants of health and the like. Thankfully, emergency funding provided us with much needed resources to improve the charities capacity to reach people experiencing loneliness; social isolation; poor nutrition; digital divide; mental health and physical health issues etc., during prolonged lock-down measures. The sheer volume of support needed went far beyond our capacity to adequately address however, the upsurge in volunteer support meant we were able to deploy albeit limited resources with a focus on telephone befriending, food parcels/food vouchers, online health sessions including physical exercise etc., underpinned by adult safeguarding and signposting to humanitarian aid to help mitigate the risk of Covid-19 complications for the most vulnerable and shielding residents.

The importance of re-defining the charities mission and vision in a post-pandemic and post-traumatic world will require more than grant funding but will also require a shift in power and decision-making to address public health and the equalities therein through more effective partnerships with NHS Trusts; local authorities; VCSE; local residents; communities etc., and within the health and care landscape to build strong communities. Notwithstanding, I gladly take this opportunity to express our sincere thanks and appreciation to all our funders and supporters and wish you good health.

CHAIR'S REPORT

The charities adoption of the abcd model is based on the principle of identifying and mobilising individual and community assets to identify and help meet their own health issues through networks; social connections; friendships and neighbourliness that helps improve health wellbeing for our targeted beneficiaries and the wider community. Our proven track record of delivering measurable outcomes to build social capital within and across communities speaks volumes for the charities foresight and leadership to improve the lives of disadvantage people through self-sustainable networks of support. We know that COVID-19 uncovered pre-existing inequalities within BME communities and as a Black female-led organization it gives me great pleasure to report the level of speed and agility that this charity was able to deploy in delivering practical help and support to the most vulnerable.

In the wake of the pandemic the charity continues to experience difficulty in recruiting trustees however, this remains a priority for the coming year as we believe that the continued growth and development of Beersheba-Living Well albeit at grassroots level will continue to impact people's lives and add value to the health and social care landscape through our knowledge, skills and lived experience to deliver culturally competent services that empower marginalized communities to grow.

TREASURER'S REPORT

I am pleased to report that the charity continues to uphold robust governance and financial management systems as an essential building block for delivering change to BME people's lives and the wider implications of social value as a result of the charities sustainability through grant good financial controls.. While the charity remains largely dependent upon grant funding we are optimistic that the increased demand on our activities coupled with the steady growth and development of the organisation even in the midst of a worldwide pandemic demonstrates the charities capacity to deliver our strategic objectives in an open and balanced way. We acknowledge that 'health' is to some extent determined by genetics; lifestyle; health care and so forth not forgetting the detrimental impact of Health inequalities, we are very grateful to those grant funders who have invested in this charity to support BME peoples recovery and resilience. However, needs must that we continue to look to our supporters like never before to help the charity to continue delivering the quality of care and compassionate support that we are known for to enable us to reach further and advance quality and standards to improve address health outcomes for disadvantaged communities.

FINANCIAL REVIEW AND RISK MANAGEMENT.

Trustees clearly understand the need to review the risk register for the organisation to identify specific areas of risk and provide dates and details of action's to be taken going forward. In light of the ever increasing uncertainty that the Corona virus has placed on the charity budgeting remains the cornerstone of our financial management to make sure the charity does what it should ideally before the financial year begins albeit determined by what funds we acquire. However, we have financial rules in place and board members have the financial skills needed to give verbal and written reports with as much detail as is appropriate to the size of the charity.

TRUSTEE RESPONSIBILITIES.

The Board of Trustees recognise their responsibilities for keeping proper accounting records and preparing financial statements each year. The Annual accounts and Annual Report documents our finances for the period 2020-2021 which was independently examined by accountants Community Actions Sutton.

OUR WORK THIS FINANCIAL YEAR

L & Q Foundation -Place Makers Fund

Living Well Together project engaged a cohort of adults and older people affected by Type 2 diabetes and obesity-related health conditions. Beneficiaries participated in a 16 week program to improve health literacy and address social isolation. While the project proved successful in supporting beneficiaries capacity to become active self-manage of their own health needs, rapidly escalating outbreaks of serious knife crime in Hackney and other London boroughs impacted the well-being of service-users affected by such problems.

Hackney CVS

Hackney's VCSE Transformation Leadership Group (VCS TLG) actively sought a representative within the voluntary, community and social enterprise sector with the skills and experience to promote equality and diversity underpinned by a clear understanding of the link between inequality and disadvantage and how policy decisions can impact on diverse and disadvantaged communities. The charities secretary was successful in her application to fulfil the role of Co-chair and shares responsibilities working collaboratively to improve the health and wellbeing of City and Hackney residents through reducing health inequalities, and engendering better working relationships across all sectors.

L & Q Foundation - Sport England

Living Well Together (2) engaged a cohort of BME residents in Hackney at great risk of COVID-19 complications; as evidenced by disproportionate levels of the third worst affected, to address self-care/self-management for Adults and Older people struggling with Obesity, Type 2 diabetes and Hypertension more prevalent in BME communities. Activities were delivered online to deliver adult learning activities during extended lockdown periods and in local parks to improve physical exercise as lockdown measures began to ease. The project ran for 16 weeks and embed HCVS COVID-19 Safeguarding adults needs assessment tool kit to ensure robust alert and referral measures for residents at risk of abuse, neglect, mental health, domestic violence and the like for the most vulnerable people experiencing social inequality.

East End Community Foundation

Wave 2 Covid Emergency funding enabled us to make immediate changes from the crisis response grant to support vulnerable and shielding residents at risk of Covid-19 complications during the Coronavirus pandemic and following the easing of lock-down restrictions. We were able to shift group learning activities online to address social isolation; physical exercise and cover the cost of fresh fruits, vegetable and protein to improve nutritional value of food supplies to mitigate the risk of poor health outcomes through diet and nutrition. In doing so we would respond to individual needs through compassionate mentoring, befriending, signposting to humanitarian aid and safeguarding.

Local Connections Fund

Pathways To Health project was developed to create a level playing field for Adults and Older people in Hackney and surrounding boroughs struggling with Obesity and Type 2 diabetes. The project was co-produced with service-users from culturally diverse backgrounds to find community solutions to improve outcomes for well-being. Twelve weekly adult learning workshops co-designed to improve beneficiaries understanding of some of the wider issues linked to Obesity and Type 2 diabetes was delivered. Beneficiaries self-reported increased feelings of self-worth to counterbalance social isolation and improve life course through achievable goals to support health outcomes.

REVIEW OF ACTIVITIES.

We fully recognise that unjust and avoidable differences in people's health across the population and between specific population groups was further complicated during the Covid-19 pandemic and we are proud to report that our volunteers, health coach and peer mentors worked hard to address the needs of our targeted communities while maintaining social distancing rules and Covid-19 compliance. Feedback from our service-users clearly outlined the merits of our abcd model for peer supported adult learning programs despite the challenges to engage our targeted communities who still remain at the sharp end of inequalities which in this instance was evidenced through what became known as the 'digital divide'. Nonetheless, service-user feedback informed us on how well we are doing well in meeting the needs of our communities, the level of satisfaction and improvement to service-users self-esteem which helps inform our aims and objectives going forward.

BOARD MEMBERS

Viola White -Chair
Linda Jackman – Treasurer
Rosemary Jawara - Secretary
Lorna Campbell - Trustee

FUNDING BODIES

London and Quadrant- Place Makers Fund
Hackney CVS
London & Quadrant - Sport England
EEC Community Fund
Local Connections Fund

INDEPENDENT EXAMINER'S REPORT

TO THE BOARD OF TRUSTEES OF BEERSHEBA-LIVING WELL

I have examined the attached account and statement, which have been prepared on the receipts and payments basis for the period ended 31st July 2021

Respective responsibilities of the Trustees and Examiner

The Trustees of the charity are responsible for the preparation of the accounts; they consider that the audit requirement of section 43 (2) of the Charities Act 1993 does not apply. I have been appointed under section 43 of the Charities Act 1993 and report in accordance with regulations made under section 44 of that Act. It is my responsibility to examine the accounts, without performing an audit, and to report to the Board.

Basis of Independent Examiner's Report

This report is in respect of an examination carried out under section 43 of the Charities Act 1993 and in accordance with the directions given by the Charity Commissioners under section 43(7)(b). An examination includes a review of the accounting records kept by the charity Management Committee Members and a comparison of the accounts presented with those records. It also includes a review of the accounts and making such enquiries as are necessary for the purpose of this report. The procedures undertaken do not constitute an audit.

Independent Examiner's Statements

Based on my examination, no matter has come to my attention, which gives me reasonable cause to believe that in any material respect accounting records in accordance with section 41 of the Charities Act 1993, or that the accounts presented do not accord with those records or comply with the accounting requirements of the Charities Act 1993. No matter has come to my attention in connection with my examination to which, in my opinion, attention should be drawn to enable a proper understanding of the accounts.



Dunstanette Kuti FCCA MCSI
Community Accountant
Community Action Sutton
Granfers Community Centre
73-79 Oakhill Road
Sutton
Surrey SM1 3AA

Date: 12th May, 2022

BEERSHEBA-LIVING WELL

RECEIPTS AND PAYMENTS FOR THE YEAR ENDED 31ST JULY 2020

	Unrestricted Funds	Restricted Funds	Year ended 31/7/2021	Year ended 31/7/2020
	£	£	£	£
Receipts:				
L & Q Place Makers Fund	-	5,000.00	5,000.00	10,471.02
Hackney CVS	3,545.04	-	3,545.04	-
L & Q / Sports England	-	9,987.00	9,987.00	-
East End Community Fund	-	8,049.00	8,049.00	-
Local Connection Fund	-	2,492.00	2,492.00	-
Hackney Parochial Charity	-	-	-	6,991.00
South Hackney Parochial Charity	-	-	-	2,006.00
LB Hackney - City Chest Grant	-	-	-	992.00
	3,545.04	25,528.00	29,073.04	20,460.02
Payments:				
Sessional Peer Educators	3,125.00	13,918	17,043	11,895
Travel Expenses - Access Pot	-	-	-	-
Stationery	-	156	156	126
Telephone and Broadband	-	181	181	552
Refreshments/consumables	-	1,174	1,174	823
Travel Expenses	-	190	190	449
Service charges	-	54	54	72
Volunteer Expenses	-	64	64	61
Venue Hire	-	-	-	600
Publicity and marketing	-	35	35	34
Monitoring	-	-	-	137
Office expenses	-	7,555	7,555	3,282
Equipment	-	4,860	4,860	87
Accountancy	-	220	220	275
Insurance	-	279	279	219
	3,125	28,686	31,811	18,612
Receipts over Payments	420	3,158	2,738	1,848
Opening Balance	2,133	1,472	3,605	1,757
Cash & Bank C/fwd @ 31st July 2	2,553	1,686	867	3,605

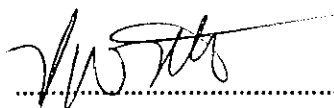
BEERSHEBA-LIVING WELL

STATEMENT OF ASSETS & LIABILITIES

AS AT 31ST JULY 2021

	Year ended 31/7/2021	Year ended 31/7/2020
	£	£
Cash and Bank:-		
Current Account (Unity Trust)	<u>867</u>	<u>3,605</u>
Fund Balance:-		
Restricted Funds	(1,686)	1,472
Unrestricted Funds	<u>2,553</u>	<u>2,133</u>
	<u>867</u>	<u>3,605</u>

Approved by the Board of Trustees on the 23rd May 2022 and signed on their behalf by


.....
Viola White

Chair

BEERSHEBA-LIVING WELL

NOTES TO THE ACCOUNTS FOR THE YEAR ENDED 31ST JULY 2021

- **Accounting Basis**

These accounts have been prepared on the receipts and payments basis.

- **Unrestricted Funds**

All receipts and payments relate to general unrestricted funds.

- **Management and Administration Costs**

Management and administration costs relate to admin support to the charity. The Board of Trustees give all their time free of charge.

- **Cash and Bank Deposits**

All cash and bank deposits are held in the unrestricted general funds.

BEERSHEBA- LIVING WELL

England & Wales - Charity number 1167208

Accounts



Peer Support For People With Type 2 Diabetes

Annual Report and Accounts
For The Period 01 August 2019 – 31 July
2020

Mobile: 07972 603026

Web: www.Beershebalivingwell.co.uk

Email: Beersheba-livingwell@sky.com

Facebook: Beersheba-Living Well

Registered Charity Number: 1167208

**BEERSHEBA-LIVING WELL
ANNUAL REPORT
FOR THE YEAR ENDED 31ST JULY 2020**

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**BEERSHEBA-LIVING WELL
ANNUAL REPORT
FOR THE YEAR ENDED 31ST JULY 2020**

Charity Information

Beersheba- Living Well is registered charity established by a Constitution on the 19th May 2016

ADDRESS

37A, Ravensdale Road
Stamford Hill
London
N16 6TJ

CHAIR

Ms Viola White

TREASURER

Miss Linda Annette Jackman

SECRETARY

Mrs Rosemary Jawara

ACCOUNTANTS

Community Action Sutton
Granfers Community Centre
73-79 Oakhill Road
Sutton
Surrey SM1 3AA

**BEERSHEBA-LIVING WELL
ANNUAL REPORT
FOR THE YEAR ENDED 31ST JULY 2020**

Report of Trustees

The Trustees present their report and financial statements for the year to 31 July 2020.

Charity: **Beersheba-Living Well**

The Aims of Beersheba-Living Well:

Beersheba-Living Well adopts a preventive & supportive approach to:

- a) Increase diabetes awareness within Black, Asian, minority Ethnic, Refugee (BAME) groups, and for older people and adults living in lower socio-economic communities
- b) Provide peer support (without encouraging dependence) for residents' experiencing poverty and the effects of discrimination living in London borough Hackney and surrounding areas, where Type 2 diabetes is disproportionately higher than wider communities in the same ward.
- c) Provide non-clinical advice and community based health information to promote healthier behaviours and lifestyle adjustments e.g., weight management, smoking cessation, physical activities, balanced nutrition, stress management, sleep routines, blood glucose control etc.
- d) Embed Equality & Diversity and Safeguarding Adults in our services and activities to support residents' with protected characteristics, promote health outcomes and activate beneficiaries to better manage their own health needs and live better quality lives.
- e) Strategically target neighbourhoods where deprivation and inequalities remains prevalent and relieve the effects of hardship by promoting equality and diversity, health literacy and education. To reduce poverty, & help residents achieve & live better quality lives.
- f) Co-produce programs and activities that are driven by the needs of and responsive to the wishes of local people and promotes equal opportunities. Empowering marginalised residents to connect, enjoy and achieve, increase levels of self-worth etc., in such a way that they are better able to identify, and help meet, their needs and to participate more fully in society.

Review of Activities

SECRETARY'S REPORT

Rosemary Jawara

Beersheba-Living Well is becoming more widely known within the VCS (Voluntary and Community Sector) and continues to bring residents from African, Caribbean and Mixed Heritage communities together to improve community health through bespoke adult learning programs. Projects and activities are co-produced with service users, health practitioners with lived, worked and professional experience and VCS providers to address Health inequalities.

The Charity engages a demographic mix of Adults, Older people and residents' with protected characteristics; as defined within the Equality Act 2010, from City and Hackney to co-create self-sustainable relationships of support within and across dis-advantaged communities. To enable, empower and motivate beneficiaries to help themselves, each other, their families and their communities to develop a stronger community voice and community resilience.

The sudden onslaught of Corona-virus dictated immediate changes which meant the delivery of services being provided online as opposed to face to face while the impact of Health inequalities, systemic racism, discrimination and the like became evident. Service-user engagement became fragmented notwithstanding, we rapidly mobilized ourselves to relieve the needs of those who needed it most which meant we were able to focus on what we could rather than could not do. Reporting requirements were also affected as a result of strict social-distancing and prolonged lockdown measures and as such the Charities Commission was informed of the challenges and difficulties which resulted in an extended submission date for the annual returns and annual accounts being agreed.

Service-users are now at heart of their own solutions which informs the direction of the Charity in addressing inequalities to help scope the organisations mission going forward. It has been a challenging year notwithstanding, we heartily thank all our Funders for their investment in the work that we do in our efforts to build strong communities and look forward to what lies ahead.

We continue to review our operational model while placing service users at the centre of co-produced solutions to strengthen the voice of Black African, Black Caribbean, Refugee and Migrant communities and drive social change.

CHAIRPERSON'S REPORT

Viola White

Trustees take ultimate responsibility for the good governance of the organisation and meet every three months to discuss agenda items, written reports etc. Notwithstanding, the Charity benefited from the professional skills, knowledge and lived experience of the project manager, volunteers, health practitioners and community leaders when the Covid-19 pandemic erupted.

Major challenges soon began to unfold and the management of robust safeguarding measures dictated that we place a greater emphasis on supporting those are shielding, clinically and extremely vulnerable and self-isolating as the pandemic worsened. As such, the unprecedented task of transferring from face-to-face activities in the community to delivering projects online soon became hindered by very limited IT equipment, skills or support more commonly described the 'digital divide' took its toll.

For example, Older people with limited literacy skills dictated more time spent on telephone befriending and/or signposting to Humanitarian aid in the absence of IT devices or digital skills. Adults and Older people already struggling to manage Type 2 diabetes became a high priority as the impact on disadvantaged communities living with multiple inequalities worsened and this in turn placed an unprecedented demand on our capacity to support the most vulnerable including those at risk of Covid-19 complications.

It has to be said that despite the challenges the work of the Charity and the delivery of funded projects continued. The project manager worked tirelessly to support the needs of disadvantaged communities, regularly reporting to the Board of Trustees and successfully sourcing grant funding for which we deeply value and appreciate. We also wish to express our thanks and appreciation to the Funders that provided emergency finances to support the needs of the community and the charities capacity to pivot and address the greater risk of poor health outcomes.

TREASURER'S REPORT

Linda Jackman

The Charities financial structure is relatively stable all things considered with regard to the changes across the funding landscape. The Board of Trustees are very aware of the continued uncertainty across the funding landscape, the challenges this presents and the potential risk to potential risks to the organisation within a climate of uncertainty however, we remain optimistic. As always income and expenditure is accounted for and overseen by the Treasurer to ensure the financial management, rules, processes and procedures are adhered to.

The Charity remains dependent upon grant funding and the Board of Trustees recognises the continued uncertainty within which the organisation operates however, coaching and support from larger Black-led organisations proved invaluable as an assessment tool to establish the organisation's strengths and weaknesses from which further developmental support is underway. .

The Trustees Annual Report documenting our finances for the period 2019-2020 was independently examined by accountants Community Actions Sutton. The report of financial records was agreed and signed off by the Treasurer and Chairperson on 08 September 2021.

Our Work During This Financial Period:

London and Quadrant Place Makers Fund

Pathways To Health project was developed to create a level playing field for Adults and Older people in Hackney and surrounding boroughs struggling with Obesity and Type 2 diabetes. The project was co-produced with service-users from culturally diverse backgrounds to find community solutions to improve outcomes for well-being. Twelve weekly adult learning workshops co-designed to improve beneficiaries understanding of some of the wider issues linked to Obesity and Type 2 diabetes was delivered. Beneficiaries self-reported increased feelings of self-worth to counterbalance social isolation and improve life course through achievable goals to support health outcomes.

LB Hackney Council – Community Chest Funding

Heart2Heart Project brought African, Caribbean and Mixed Heritage Adults, Older people and their communities effected by serious youth crime together in Hackney Downs Ward. The project was co-developed with service-users to foster good relations within and across African and Caribbean Heritage communities through building a strong sense of

community. A cohort of forty-three residents from Hackney and other London boroughs with beneficiaries age ranging from under 16 to 64 engaged in the conference and expressed feelings of togetherness and the need to become activated citizens.

London & Quadrant Place Makers Fund

Living Well Together project engaged a cohort of adults and older people affected by Type 2 diabetes and obesity-related health conditions. Beneficiaries participated in a 16 week program to improve health literacy and address social isolation. While the project proved successful in supporting beneficiaries capacity to become active self-manage of their own health needs, rapidly escalating outbreaks of serious knife crime in Hackney and other London boroughs impacted the well-being of service-users affected by such problems.

Hackney Parochial Charity and South Hackney Parochial Charity

Heart2Heart conference was a much needed intervention within the Hackney Downs Ward and as such funding was provided by HPC to address the impact of poverty and inequalities at grass-roots level through deliver of a series of community conversations aimed at co-producing solutions. COVID-19 took us unawares and Government decisions to implement shielding and social distancing meant that face to face events were postponed. HPC I charity graciously agreed that underspent funds be used to provide food, telephone support and safeguarding for the most vulnerable. Match funding was provided by South HPC to help address the emergency situation for residents in the are of benefit.

Case Study - Living Well Together Project Female aged 50+

What was life like before taking part in this project? I was very laid back during the shielding stage. I did no exercise, I was stuck in doors and became very lazy.

What made you decide to get involved? When I heard about the program I was interested in it. I knew nothing about zoom and it took a while to get used to it but I soon began to enjoyed taking part in the program.

What has been your experience of this project? I like the way everybody talks about their own experiences. The health talks and exercise sessions are good. I learn more from listening to other people to improve my self-care.

What has changed as a result of this project? I'm doing more exercise. I go out walking every day and I follow the exercise session that the coach has taught us. I still need to understand more about healthy eating. To be honest I have a strong preference for cultural food such as fried chicken, white rice, stewed meats. I also eat burgers but I don't really like too much vegetables. It's what I can afford to buy. I haven't read the booklets and information yet that Rosemary sent through the post.

What would you say to others who are thinking about taking part in this project? I would encourage them to take part. There is a lot to learn and they will enjoy it.

Funding Bodies 2019 - 20

London and Quadrant Place Makers Fund
LB Hackney Council – Community Chest Funding
London & Quadrant Place Makers Fund
Hackney Parochial Charity
South Hackney Parochial Charity

We wish to thank our sessional workers, volunteers and funders for their continued support during such unprecedented times and look forward to your continued support for 2021 and beyond.

Stay safe.

INDEPENDENT EXAMINER'S REPORT

TO THE BOARD OF TRUSTEES OF BEERSHEBA-LIVING WELL

I have examined the attached account and statement, which have been prepared on the receipts and payments basis.

Respective responsibilities of the Trustees and Examiner

The Trustees of the charity are responsible for the preparation of the accounts; they consider that the audit requirement of section 43 (2) of the Charities Act 1993 does not apply. I have been appointed under section 43 of the Charities Act 1993 and report in accordance with regulations made under section 44 of that Act. It is my responsibility to examine the accounts, without performing an audit, and to report to the Board.

Basis of Independent Examiner's Report

This report is in respect of an examination carried out under section 43 of the Charities Act 1993 and in accordance with the directions given by the Charity Commissioners under section 43(7)(b). An examination includes a review of the accounting records kept by the charity Management Committee Members and a comparison of the accounts presented with those records. It also includes a review of the accounts and making such enquiries as are necessary for the purpose of this report. The procedures undertaken do not constitute an audit.

Independent Examiner's Statements

Based on my examination, no matter has come to my attention, which gives me reasonable cause to believe that in any material respect accounting records in accordance with section 41 of the Charities Act 1993, or that the accounts presented do not accord with those records or comply with the accounting requirements of the Charities Act 1993. No matter has come to my attention in connection with my examination to which, in my opinion, attention should be drawn to enable a proper understanding of the accounts.



Dunstanette Kuti FCCA MCSI
Community Accountant
Community Action Sutton
Granfers Community Centre
73-79 Oakhill Road
Sutton
Surrey SM1 3AA

Date: 3rd August, 2021

**BEERSHEBA-LIVING WELL
RECEIPTS AND PAYMENTS FOR THE YEAR ENDED 31ST JULY 2020**

	Unrestricted Funds	Restricted Funds	Year ended 31/7/2020	Year ended 31/7/2019
	£	£	£	£
<u>Receipts:</u>				
L & Q Place Makers Fund	10,471	-	10,471	5,048
Hackney CVS				4,547
Hackney Parochial Charity	-	6,991	6,991	-
South Hackney Parochial Charity	-	2,006	2,006	-
LB Hackney - City Chest Grant	-	992	992	-
	10,471	9,989	20,460	9,596
<u>Payments:</u>				
Sessional Peer Educators	10,095	1,800	11,895	14,840
Travel Expenses - Access Pot	-	-	-	749
Stationery	-	126	126	190
Telephone and Broadband	-	552	552	483
Refreshments/consumables	-	823	823	756
Travel Expenses	-	449	449	476
Service charges	-	72	72	72
Volunteer Expenses	-	61	61	113
Venue Hire	-	600	600	87
Publicity and marketing	-	34	34	-
Monitoring	-	137	137	-
Office expenses	-	3,282	3,282	-
Equipment	-	87	87	27
Accountancy	-	275	275	-
Insurance	-	219	219	221
	10,095	8,517	18,612	18,014
Receipts over Payments	376	1,472	1,848	(8,418)
Opening Balance	1,757	-	1,757	10,175
Cash & Bank C/fwd @ 31st July 2020	2,133	1,472	3,605	1,757

BEERSHEBA-LIVING WELL

**STATEMENT OF ASSETS & LIABILITIES
AS AT 31ST JULY 2020**

	Year ended 31/7/2020	Year ended 31/7/2019
	£	£
Cash and Bank:-		
Current Account (Unity Trust)	<u>3,605</u>	<u>1,757</u>
Fund Balance:-		
Restricted Funds	1,472	
Unrestricted Funds	<u>2,133</u>	<u>1,757</u>
	<u>3,605</u>	<u>1,757</u>

Approved by the Board of Trustees on the 08 September 2021 and signed
on their behalf by

.....
Viola White

Chair

BEERSHEBA-LIVING WELL

NOTES TO THE ACCOUNTS FOR THE YEAR ENDED 31ST JULY 2020

- **Accounting Basis**

These accounts have been prepared on the receipts and payments basis.

- **Unrestricted Funds**

All receipts and payments relate to general unrestricted funds.

- **Management and Administration Costs**

Management and administration costs relate to admin support to the charity. The Board of Trustees give all their time free of charge.

- **Cash and Bank Deposits**

All cash and bank deposits are held in the unrestricted general funds.