



**Peer Support For People With Type 2 Diabetes**

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

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**Registered Charity Number: 1167208**

**BEERSHEBA-LIVING WELL  
ANNUAL REPORT  
FOR THE YEAR ENDED 31<sup>ST</sup> JULY 2020**

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**BEERSHEBA-LIVING WELL  
ANNUAL REPORT  
FOR THE YEAR ENDED 31<sup>ST</sup> 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 31<sup>ST</sup> 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: 3<sup>rd</sup> 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
	£	£	£	£
<b>Receipts:</b>				
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
<b>Payments:</b>				
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 31<sup>ST</sup> 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.