



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
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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	-	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

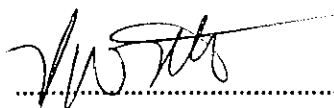
BEERSHEBA-LIVING WELL

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)	867	3,605
Fund Balance:-		
Restricted Funds	(1,686)	1,472
Unrestricted Funds	2,553	2,133
	867	3,605

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


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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.