



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

CONTENTS **Page**

Charity Information	3
Report of Trustees	4-7
Independent Examiner's Report	8
Income & Expenditure Account	9
Balance Sheet	10
Notes to the Accounts	11

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 MCS1
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)	1,453	867
Fund Balance:-		
Restricted Funds	(1,686)	(1686)
Unrestricted Funds	3,139	2,553
	1,453	867

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.