



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 31<sup>ST</sup> JULY 2023**

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## **BEERSHEBA-LIVING WELL**

### **ANNUAL REPORT FOR THE YEAR ENDED 31<sup>ST</sup> 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 31<sup>ST</sup> 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 31<sup>st</sup> 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: 17<sup>th</sup> 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	-1,686.00	1,453.00	867.00
Cash & Bank C/fwd @ 31st July 2023	2,883.74	-809.00	2,074.74	1,453.00

<b>BEERSHEBA-LIVING WELL</b>					
<b>STATEMENT OF ASSETS &amp; LIABILITIES</b>					
<b>AS AT 31ST JULY 2023</b>					
				Year ended 31/7/2023	Year ended 31/7/2022
				£	£
Cash and Bank:-					
Current Account (Unity Trust)				2,074.74	867.00
				0.00	0.00
				2,074.74	867.00
Fund Balance:-					
Restricted Funds				-809.00	-1,686.00
Unrestricted Funds				2,883.74	3,139.00
				2,074.74	1,453.00

Approved by the Board of Trustees on 24 May 2024 and signed on their behalf by

*Rosemary Jawara*

Rosemary Jawara

Chair

**BEERSHEBA-LIVING WELL**

**NOTES TO THE ACCOUNTS  
FOR THE YEAR ENDED 31<sup>ST</sup> 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.