



## **Heart for Africa: Report of the Trustees and Accounts** **for the period 1 September 2021 - 31 August 2022**

### **Legal and Administrative Information**

Charity Name:	Heart for Africa
Charity registration number:	1173027
Website:	<a href="http://www.heartforafrica.co.uk">www.heartforafrica.co.uk</a>
Facebook:	<a href="https://www.facebook.com/heartforafricauk/">www.facebook.com/heartforafricauk/</a>
Instagram:	<a href="https://www.instagram.com/heartforafricauk/">www.instagram.com/heartforafricauk/</a>
Registered office ( <i>from 1 Sept 2022</i> ):	236 Tyntyla Road The Old Ystrad Labour Club Ystrad, Pentre Rhondda Cynon Taf CF41 7SG
Registered office ( <i>to 31 Aug 2022</i> ):	Central Offices Top Road Gelli Ind Est, Gelli Rhondda Cynon Taf CF41 7UW
Trustees during the Period:	Mr Lawrie Davies (Chair of Trustees) Dr Fiona Davies Mrs Lauren Smith Mr Ian Smith
Bankers:	Barclays Bank
Accountants:	Curtis Bowden & Thomas 101 Dunraven Street Tonypany Rhondda Cynon Taf CF40 1AR

Heart for Africa is a Charitable Incorporated Organisation (CIO) governed by its Constitution dated 12 May 2017. The CIO may have a minimum of three and a maximum of twelve trustees. New trustees are appointed by the current trustees. In the event of Heart for Africa being wound up, the trustees have no liability to contribute to its assets and no personal responsibility for settling any debts and liabilities. This Annual Report and Accounts cover the charity's fifth accounting period, from 1 September 2021 to 31 August 2022.

## Overview

Heart for Africa came out of the hearts of several people who had visited East Africa with one of our partner charities, Sporting Marvels (UK Reg'd Charity No. 1101562), across several trips between 2005 - 2017. After Sporting Marvels' February 2017 trip, there was a strong desire to have more of a year-round impact in Tanzania/East Africa as opposed to just ten days every two years. The trips, mostly for sixth formers ("All-Star Leaders"), see many of the young people that Sporting Marvels works with visit orphanages, schools, churches, groups, and communities linked to Sporting Marvels through longstanding partnerships. Each subsequent trip attracted an increased level of donations (in cash and kind) from the Rhondda community, and Sporting Marvels personnel felt strongly that they wished to help with the practicalities of setting up a structure more suited to making an ongoing impact, one that had a strategic focus on projects that would produce sustainable benefit. This prompted the formation of Heart for Africa, with Lawrie Davies (Managing Director of Sporting Marvels, one of Heart for Africa's most committed monthly supporters) as the first Chair of Trustees. Lawrie's four-year term as Chair ended in May 2021, and he was unanimously re-elected for a further three years.

Heart for Africa currently works in the city of Arusha and its surrounding communities. We have a small team of five Community Coordinators (*pictured, right*) who support the charity around their day-to-day jobs and activities; they help the trustees identify needs, and act as a liaison and an accountability mechanism between the CIO and its beneficiaries. As respected and trusted leaders within their communities/groups, we support and empower them to use their leadership and influence to help us make a difference in the lives of those who look to them. Rev Stephen Owino, who leads this small team, has been a trusted friend and partner to Sporting Marvels for over 15 years. Each of our Community Coordinators is supported with a small monthly financial gift which enables them to give some of their time each month to assisting their communities, whilst creating stronger accountability to the goals and reporting needs of the charity.



The year under review has seen changes in our team of Community Coordinators. Elirehema Wegard left the team by mutual consent, after three years of valued service, and has been replaced by Pastor Absalom J Nassary, who pastors a church in the Engo-Sheraton area of Arusha. We were then saddened in June 2022 to hear of the passing of Pastor Onesiphorus Massawe, who had been part of the team since the charity was set up and who was the driving force behind our second major project, the building of a church and community hall for the village of Mateves. His wife, Pastor Mary Massawe, has taken over leadership of his church and has also taken Onesiphorus' place as one of our Community Coordinators, enabling us to maintain a strong connection with Mateves so that Heart For Africa can continue to report on the sustainable benefits of our second major project.





Heart for Africa's work has two main strands:

- Promoting education of young people, through support for orphans, street children and other children and young people in need, to enable them to attend school/college, and school visits by young people on Sporting Marvels trips.
- Prevention or relief of poverty, by providing grants, items and services to individuals and communities in need with a focus on long-term sustainability/impact. These include goats, chickens, mosquito nets, food, and transport. Heart for Africa aims to undertake one major project every 1-2 years depending on the size/impact. Potential projects are identified by our Community Coordinators and considered by the trustees, giving due regard to the likely benefits and any potential issues/risks.

Heart for Africa raises money through individual and organisational donations, sponsorship, events, and grant applications. It is grateful for ongoing support from Sporting Marvels and our partner church, Dream Centre Wales, also based in Rhondda. Many young people associated with Sporting Marvels, Dream Centre Wales and Rhondda Netball (with which Heart for Africa shares office premises) have supported Heart for Africa through sponsored events and filling change collection boxes. Some local businesses such as newsagents, fish & chip shops, pubs etc, have also agreed to support us by placing change collection boxes on their counters; this source of income was sparse during the periods of COVID-19 lockdown, but has now revived with two businesses in particular contributing on a regular basis. A sponsored virtual run/walk event was held in November 2021, while primary school fundraising took place in June 2022, linked to the Sporting Marvels lesson which features Heart for Africa. Heart for Africa is also extremely grateful to Heb Ffin and The Forrester Family Trust for unrestricted grants received during the year under review, while the grant made in August 2021 from the Wales and Africa Grant Scheme toward our major project 'Empowering Women in Muriel' (*see next section*) is also included in this year's accounts as the payment was not received until 1<sup>st</sup> September 2021.

Income from individual donations and standing orders, which increased slightly in 2020/21, has been maintained at a similar level, although one or two standing order givers - with COVID-19 having impacted the amount we've travelled to Tanzania in recent years - have cancelled their contributions. The trustees have decided that a major effort will be made at the time of the next Tanzania trip which is scheduled for February 2024, to attract new regular givers. However, the £10,000 of unrestricted funding, coupled with the smaller amounts raised from individual donations, fundraising and sponsorship activities, has enabled Heart for Africa to cover core needs in Tanzania and the monthly gifts to our Community Coordinators throughout the year under review, as well as slightly increasing our commitments toward educational needs and supplementing project funding.

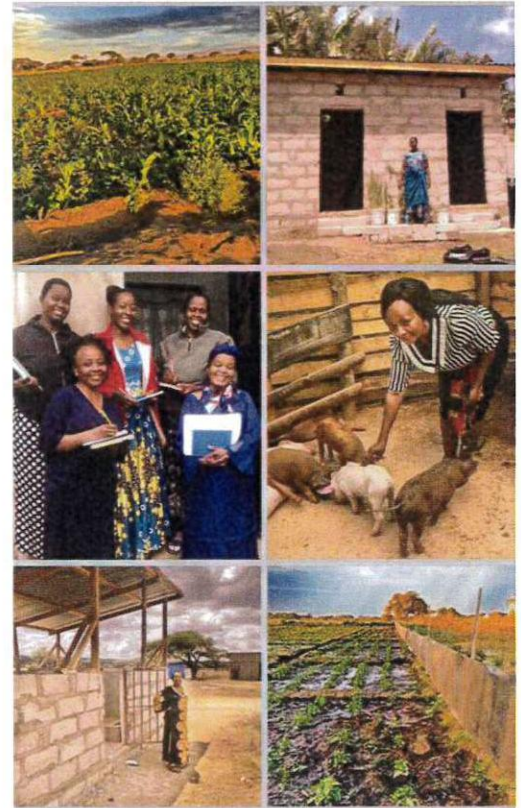


## Achievements and Performance

Heart for Africa's main achievements throughout the year were as follows:

**1)** Heart for Africa's 2021/22 major project 'Empowering Women in Muriet' commenced in August 2021. It seeks to help four women from the Moriah Women's Group led by our Community Coordinator Mary Owino, as well as Mary herself, to upscale their small businesses focused around chicken and pig rearing, farming and the sale of food crops, and a community shop and cafe. 30% of each woman's profits is returned to the Group, to be reinvested in other women's start-up businesses or upscaling, or to meet community needs such as children's educational expenses.

Despite significant increases in the prices of building/fencing materials due to the pandemic, which necessitated Heart for Africa supplementing our £13,000 grant funding with £2,250 from unrestricted funds, the project has progressed well over the year; all the supported women are now returning a percentage of their profits into the group fund, which has enabled three other women to be supported in their small businesses. An unexpected benefit was that the well Mary dug to provide water for her farm, has met the needs of the local Maasai community (around 20 families) for a local source of water - previously they were travelling a few miles with their donkeys each morning to find water.



**2)** Sewing classes continue in the community hall / church built for the village of Mateves (our previous project), while the hall is also used regularly for church services and by other community groups such as one for pre-school children.

**3)** The charity is pleased to have not only maintained our previous level of educational support, but



increased it by sponsoring two children, Anjela and Dennis (*left*) supported by Green Path for Community Success (GP-COSU), the NGO run by Elirehema Weward who served as one of our Community Coordinators for 3 years. GP-COSU supports some of the most vulnerable children and families in Arusha by providing children with meals before and after school, ensuring they attend school, and giving additional social support to families.

The charity continued to support Cornelius Andrew (*right*), from New Paradiso Orphanage, with his secondary school fees; he continues to do well and is now in Form Four. As this is an important year with GCSE-equivalent examinations, he is required to board at the school.



Heart for Africa also continues to support four young women from Bethlehem Center for Children with a contribution toward their educational expenses; two of these are now in sixth form while two are undertaking college courses. Thanks to a financial commitment made by one of Heart for Africa's Trustees specifically for this purpose, the charity has continued to donate college fees for the



motherless son and daughter of a pastor well known to Steve Owino, so that they could fulfil the potential they had shown at secondary school. Both are progressing well on their diploma courses.

A total of £3,800 was given in educational support during the year under review.

4) Following the success of the 2020 'November Challenge', Heart for Africa organised a team challenge around one of our trustees' endeavours to run/walk from North to South Wales following the 'Lon Las Cymru' route. Four teams of supporters, including one made up of staff from a local primary school, attempted to run/walk the route distance (250 miles) over the October 2021 half-term period. The challenge was promoted as a friendly competition on our social media; all teams completed the distance and over £1,000 was raised for the charity.

5) Heart for Africa's sister charity Sporting Marvels uses Heart for Africa in their primary school lessons as an example of how we can help others less fortunate than ourselves. In June 2022 a fundraising activity was organised around this lesson, with children running/walking a mile for Heart for Africa and being asked to bring in £1 or some small change as a donation. Some pupils went beyond this by raising sponsorship, while some schools also made donations and one organised additional fundraising activities. The total raised was over £800; this will continue as an annual fundraising activity in the hope of generating over £1200 per year as a minimum from 2022/23 onwards.



6) The charity was pleased that restrictions on gatherings had been relaxed by December 2021, enabling the annual 'Africa Evening' to be held. The attendance of around 70 people included many young people interested in our next trip to Tanzania, their parents, and other supporters. The audience was updated on Heart for Africa's activities and plans for the February 2023 Sporting Marvels/Heart for Africa trip (unfortunately now postponed to February 2024 after inflation and exchange rate issues in Sep 2023 had a huge impact on potential costs); the level of interest in this trip was the highest so far.

7) Heart for Africa produced a 2022 calendar, using photographs from previous Tanzania trips. This was given free to regular supporters and Rhondda schools, and sold to others to raise funds.





## **Personnel and Operations**

Heart for Africa has two part-time members of staff to ensure the charity remains active and committed to achieving its aims and raising the requisite level of funds. Dr Fiona Davies (Operations Manager) works one day per week and is responsible for grant applications & reports, liaison with Community Coordinators and beneficiaries in Tanzania, sponsorship activities, and oversight of administration and finance. She continues to perform this role unpaid as part of her commitment as a Trustee of the charity. Lucy Jones has continued as Fundraising Coordinator, responsible for shop collection boxes and other local fundraising (an average of 1-2 hours per week) and is paid £60 per month. Responsibility for events and social media is shared between the two staff members.

Heart for Africa can also call on many volunteers from the charity Sporting Marvels, and some of the school pupils they work with, to support local events and promote the CIO and its activities within their own social circles. All Trustees also play an active voluntary role in the running of the charity.

## **Premises**

Since its formation, Heart for Africa has received free office space where required as a gesture of goodwill from its sister charity Sporting Marvels. In May 2022, with their current rented premises on Gelli Industrial Estate no longer being large enough to house Sporting Marvels and charities who sub-let from Sporting Marvels, the charity took out a long-term lease on The Old Ystrad Labour Club which had to cease trading following a fall in revenues after COVID-19. All four charities, including Heart for Africa, moved into the new premises at the very end of the year under review.

## **Public Benefit**

The trustees confirm that they have referred to the Charity Commission's guidance on Public Benefit when setting and reviewing the CIO's aims, objectives, and strategy. The trustees are satisfied that the CIO meets the public benefit requirement through its activities.

## **Payments to Trustees**

No trustee has received any payment in cash or kind from the CIO and all trustees are themselves regular monthly donors.

## **Reserves**

The CIO's core costs are primarily the support of one part-time member of staff (£60pm) and support payments to our Community Coordinators in Arusha, as well as a monthly insurance payment. At the financial year end on 31 August 2022, reserves were equivalent to eight months core costs. This was primarily due to the two unrestricted grants totalling £10,000 received during the year under review; as such grants are unlikely to recur regularly, the Trustees have been prudent in their use.



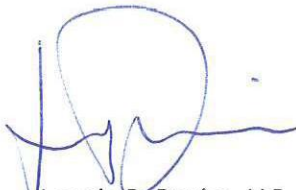
## Recovery from COVID-19

The COVID-19 pandemic has had less impact in the year under review than in the previous year on Heart for Africa's activities in Wales, and the trustees are optimistic that fundraising in Wales should match or exceed pre-pandemic levels in the upcoming financial year. However, the impact was felt in Tanzania as prices of building and fencing materials, as well as of animal feed, rose significantly, which affected our major project and meant that the charity needed to supplement the grants given toward this project with £2,250 from unrestricted funds. Tourism has not yet returned to pre-pandemic levels in Tanzania, which continues to affect GP-COSU (run by our former Community Coordinator, Elirehema Wegard), as a large percentage of their income came through Elirehema's tourism industry contacts and from visitor donations. Heart for Africa are grateful to the generous trust who supported GP-COSU for a second year with a donation of £600, which Heart for Africa matched with £500 from unrestricted funds during the year under review.

## Financial Review

The financial position of the CIO at 31 August 2022 and at the date of this report is considered satisfactory. The charity is particularly grateful to Heb Ffin and The Forrester Family Trust who have made unrestricted grants during 2021/22. Almost 80% of income during the year under review has come from Trusts, Foundations, and our partner charities, with only 11% coming from individual donations and standing orders. In order to become less reliant on grant income, the charity aims to increase regular donations further through increasing knowledge of the charity and its work among previous participants on Sporting Marvels trips, and plans awareness-increasing social media activity linked to the next Tanzania trip. The charity was also encouraged by Sporting Marvels' partner primary schools' response to the summer term fundraising activity, and believes that as this becomes a regular annual activity, the overall funds raised will increase.

The Trustees consider that the charity is able to continue to operate as a going concern. The Trustees' annual report was approved on 3 April 2023 and signed on behalf of the Board of Trustees by:

A blue ink signature of Lawrie R. Davies, consisting of a large loop at the top and a series of smaller loops below.

Lawrie R. Davies, LLB  
Chair of Trustees  
3 April 2023

A blue ink signature of Dr Fiona M Davies, written in a cursive style.

Dr Fiona M Davies  
Trustee & Unpaid Operations Manager  
3 April 2023



Section A

Independent Examiner's Report

Report to the trustees/  
members of

Charity Name

HEART FOR AFRICA

On accounts for the year  
ended

31 AUGUST 2022

Charity no  
(if any)

1133023

Set out on pages

1-2

(remember to include the page numbers of additional sheets)

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended 31 / 08 / 2022.

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 statement

I have completed my examination. I confirm that no material matters have come to my attention (~~other than that disclosed below~~\*) 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 in order to enable a proper understanding of the accounts to be reached.

\* Please delete the words in the brackets if they do not apply.

Signed:

Date:

26-01-23

Name:

STEPHEN JOHN SMITH FCCA

Relevant professional  
qualification(s) or body  
(if any):

ACCA

Address:

CURTIS BOWDEN & THOMAS

101 BURNHVEN STREET

TONYFANDY CF40 1AR



Only complete if the examiner needs to highlight matters of concern (see CC32, Independent examination of charity accounts: directions and guidance for examiners).

Give here brief details of any items that the examiner wishes to disclose.



CHARITY COMMISSION  
FOR ENGLAND AND WALES

Heart for Africa

No (if any)

## Receipts and payments accounts

CC16a

For the period  
from

Period start date  
01-Sep-21

To

Period end date  
31-Aug-22

### Section A Receipts and payments


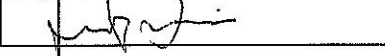
	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
<b>A1 Receipts</b>					
Donated Funds:-	-	-	-	-	-
Individual donations and standing orders	2,766	-	-	2,766	2,685
Trusts, foundation, Church and other entities	14,254	5,600	-	19,854	11,700
Sponsorship	540	-	-	540	3,180
Fundraising activities	1,013	33	-	1,046	560
Gift Aid	873	-	-	873	2,098
Internal transfers	909	105	-	1,014	752
	-	-	-	-	-
<b>Sub total (Gross income for AR)</b>	<b>20,356</b>	<b>5,738</b>	<b>-</b>	<b>26,094</b>	<b>20,975</b>
<b>A2 Asset and investment sales, (see table).</b>					
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>Total receipts</b>	<b>20,356</b>	<b>5,738</b>	<b>-</b>	<b>26,094</b>	<b>20,975</b>
<b>A3 Payments</b>					
Staff costs including admin/website	660	-	-	660	780
Charitable gifts	13,259	4,876	-	18,135	18,407
Finance charges	427	-	-	427	390
Office costs	779	-	-	779	706
Event costs	269	-	-	269	296
Internal transfers	105	909	-	1,014	752
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	<b>15,498</b>	<b>5,785</b>	<b>-</b>	<b>21,283</b>	<b>21,331</b>
<b>A4 Asset and investment purchases, (see table)</b>					
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>Total payments</b>	<b>15,498</b>	<b>5,785</b>	<b>-</b>	<b>21,283</b>	<b>21,331</b>
<b>Net of receipts/(payments)</b>	<b>4,857</b>	<b>47</b>	<b>-</b>	<b>4,810</b>	<b>356</b>
<b>A5 Transfers between funds</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>A6 Cash funds last year end</b>	<b>905</b>	<b>50</b>	<b>-</b>	<b>955</b>	<b>1,311</b>
<b>Cash funds this year end</b>	<b>5,762</b>	<b>3</b>	<b>-</b>	<b>5,765</b>	<b>955</b>



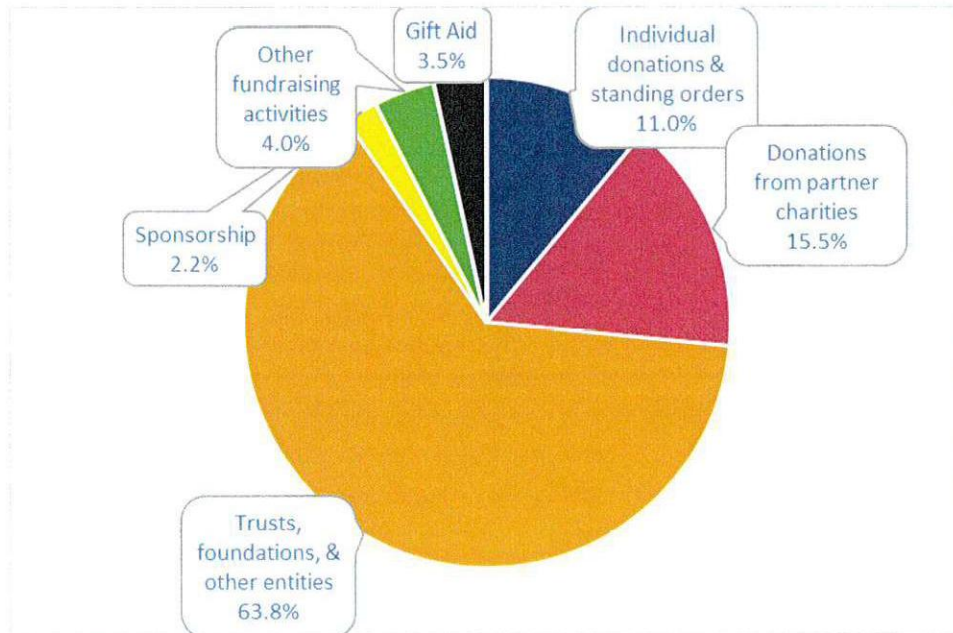
## Section B Statement of assets and liabilities at the end of the period

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
<b>B1 Cash funds</b>	Bank accounts	5,762	3	-
		-	-	-
		-	-	-
	<b>Total cash funds</b>	<b>5,762</b>	<b>3</b>	<b>-</b>
	(agree balances with receipts and payments account(s))	OK	OK	OK
<b>B2 Other monetary assets</b>	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
<b>B3 Investment assets</b>	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
			-	-
			-	-
			-	-
			-	-
<b>B4 Assets retained for the charity's own use</b>	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
<b>B5 Liabilities</b>	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
			-	
			-	
			-	
			-	

Signed by one or two trustees on behalf of all the trustees

Signature	Print Name	Date of approval
	PIONA DAVIES	6/2/23
	LAWRIE DAVIES	6/2/23

## Income 2021/22



## Expenditure 2021/22

