



## **Heart for Africa: Report of the Trustees and Accounts for the period 1 September 2023 - 31 August 2024**

### **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:	236 Tyntyla Road The Old Ystrad Labour Club Ystrad, Pentre Rhondda Cynon Taf CF41 7SG
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 Tonypandy 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 seventh accounting period, from 1 September 2023 to 31 August 2024.

## 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 second term as Chair ended in May 2024, and he was unanimously re-elected for a further three years. We were also very pleased in February 2024 to be able to restart the biennial trips, following a break due to the effects of the COVID pandemic - more details of the trip will follow.

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 (*second from right*) leads this small team, and he has been a trusted friend and partner to Sporting Marvels for nearly 20 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.



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, food, transport and educational materials. 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 these were key in raising money prior to our All-Star trip to Tanzania in February 2024. Following the trip, the fundraising focus was on our '24 Sports in 24 Hours' event at Easter, in which all the Sporting Marvels workers and a large number of All-Star Leaders and other pupils participated. We have distributed change collection boxes to a few local businesses such as newsagents, fish & chip shops, pubs etc, who place them on their counters, as well as to several individual supporters. Primary school fundraising in Sporting Marvels' partner schools takes place annually, linked to the Sporting Marvels lesson which features Heart for Africa, with the pupils being encouraged to 'run/walk a mile for Africa' and bring in a £1 donation – a few individuals/schools have gone further by seeking sponsorship or running a small event such as a tabletop sale. In 2024, this activity was focused on purchasing a cow for Matonyok Orphanage, and was brought forward to just after the Whitsun half-term. The change of date, and the efforts made by a small number of individual pupils in raising sponsorship, led to a 95% increase in the amount raised which thrilled the trustees. No grant funding was received in the year under review, but we have found over the years that grant funding is more likely to be forthcoming for a specific project rather than supporting educational or core costs.



Regular monthly income from standing orders and recurring card payments more than doubled from the previous year. This was due partly to having a full year of donations from those who had signed up to give regularly during the previous financial year, and also to the February 2024 trip which encouraged some participants who were not currently giving to Heart for Africa, to sign up as regular donors. Along with a greater number of larger one-off donations, this has led to an overall increase of 51% in income from 'Individual donations and standing orders'.

Despite the lack of grant income, the increased income from donations, sponsorship, and other fundraising activities resulted in an 85% rise in income compared to the previous financial year, which enabled Heart for Africa to cover the monthly support for our Community Coordinators throughout the year under review, our ongoing commitments toward educational needs, and a greater level of giving to orphanages, schools and communities on our February 2024 trip than on any previous trip. The trustees are pleased with the charity's financial performance, especially the increase in support from our local Rhondda community through our various fundraising efforts as our supporters and events create greater awareness of the charity and its impact.

## Achievements and Performance

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

**1)** After a 5-year break due to the COVID pandemic, a Sporting Marvels/All Star Leaders trip took place in February 2024. The team of 15 included all Heart for Africa's trustees, 8 Sporting Marvels workers, and 3 current or former All-Star Leaders; for 8 of the team, it was their first visit to Tanzania. Prior to the trip, a sponsored event organised by Rhondda Netball raised over £1000; this was supplemented by additional sponsorship from a run done by trustee, Fiona Davies, and donations of money as well as items such as clothing, toys, and sports equipment. Financial donations were particularly important on this trip as we were unable to persuade the airline to allow each team member an extra case filled with charitable donations as had happened on previous trips, so donations of clothes, toys etc, formed part of each person's standard baggage allowance. Thanks to the efforts made prior to the trip, we were able to give more, and bless more people, than on any previous trip.



The team made the most of their 9 days in Tanzania, running a sports day for 2 schools (see picture, left) and visiting 7 orphanages, 2 schools and 2 churches - one of these visits being a celebration day at the 'official' opening of the church and community centre that we helped the Mateves community to build (picture, below). This event was attended by several members of the Moriah Women's Group, with whom we have been working since 2021, as well as other

beneficiaries of Heart for Africa's support. The team also had time for a safari day in Lake Manyara National Park, as well as visits to hot springs and Meserani Snake Park! They gave away goats and chickens (bought with the money raised by Rhondda primary school children in summer 2023 through Sporting Marvels' 'Mighty Marvels Mile for Africa'), as well as gifts of food, clothing, toys, sports equipment and money. The itinerary was expertly organised by our Operations Director in Tanzania, Rev Steve Owino, who accompanied the team on all their visits. He was assisted by Edwin, a leader in one of the local church communities, Edwin's son Bright and the rest of our Tanzania team. A video of the trip highlights can be viewed at <https://www.youtube.com/watch?v=CdpOT21Z7uI>.



Some brief comments from trip members testify to the impact it had on participants, as well as on beneficiaries:

*'Seeing the children so happy, not just in the sports day but every day, was so special and that most definitely impacted me. Going to Africa made me realise how lucky I am and was a huge eye opener for me.'* Millie, former All-Star Leader and first-time trip participant.

*'What impacted me most was the stories I heard, and hearing children in the orphanages speak so positively about themselves and their future when they have nothing! I will always want to go back to Tanzania at any opportunity I have!'* Connah, Sporting Marvels worker (3rd trip)



*'It was one of the best trips I've ever been on. It impacted me so much and I came home with a different mindset, to be sooo grateful for the things I do have!'* Taylar, Sporting Marvels worker and first-time trip participant.

*'What impacted me the most was to be more grateful for everything I've got – it was a real eye opener to see how blessed we are!'* Jayden, former All-Star Leader and first-time trip participant.

*'The gratitude and love you grow for the country and the joy you see out there will impact how you view life forever. It changes your perspective of life in every way.'* Kieran, Sporting Marvels worker (2nd trip)

**2)** Our work with Moriah Women's Group (started as the 'Empowering Women in Muriyet' project) continues, under the leadership of our Community Coordinator Mary Owino. The project has now expanded to include 15 women (from an initial core of 5) who have been supported to set up or expand their small businesses. During the year under review, the group was able to register as an official micro-finance organisation. A number of the group are pictured (*right*) at the Mateves Church & Community Centre opening. Also, liaising with the charity Legs for Africa which enables the reuse of prosthetics, Heart for Africa was able to pay for an artificial leg for one group member's husband, who had lost his leg in a fire at the age of 5. It was great to see the couple, with their new baby, at the Mateves celebration on the February trip!



**3)** The charity has continued to sponsor two primary school children, Anjela and Dennis, supported by Green Path for Community Success (GP-COSU), the NGO run by Elirehema Wegard who served as one of our Community Co-ordinators for 3 years. The team visited GP-COSU in February and were able to meet Anjela and Dennis in person (*picture, left*). New Paradiso Orphanage's Cornelius Andrew, whom we supported through secondary school, is now studying to become a medical technician and no longer requires our support. In his place, we have taken on the educational sponsorship of Patience, one of three daughters of a widow known to Mary Owino, and she is currently doing well in secondary school.



On the team's visit to Bethlehem Center for Children (*picture, right*), we met three of the four young women whom we supported through their secondary school years. Dorcas and Angela have completed their college courses; Dorcas is now working in the hospitality field, while Angela runs her own business making and selling baked goods. At the time of our visit, Glory was looking after her baby but also intends to return to college. Purity, whom the charity sponsored through her college course, graduated in November 2023 while her brother Melchizedek successfully passed his resit exam and entered his final diploma year. The team met both these young people, and their father, at the Mateves celebration event. Purity was offered a university place, but unfortunately was unable to get a government grant - impressed by her dedication to her studies and desire to make a difference in Tanzanian politics, one of our trustees has increased her monthly donation to Heart for Africa to enable the charity to support Purity through university. So, in 2024 the charity sponsored Purity



through her first year of university and Melchizedek through his final diploma year, which he has now passed - we hope that he will be successful in gaining a government grant for further study.

A total of £3611 was given in educational support during the year under review.

**4)** At Easter, the Sporting Marvels team raised money for Heart for Africa through their '24 Sports in 24 Hours' event. This was well organised by Liam Jones, our Fundraising Coordinator, and supported by many of the young people that Sporting Marvels works with, raising over £1300 in total.



**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. The focus of 2024's annual fundraising activity organised around this lesson, was to raise funds to buy a cow for Matonyok Orphanage (*below*), one of those visited on the February trip. The team were impressed with the care given to the various livestock already kept at the orphanage, and saw the difference that having a cow would make, with a regular supply of milk for the 50+ orphanage children. As planned, the activity was held slightly earlier in the year - children ran/walked a mile for Heart for Africa and brought in £1 or some small change as a donation, while some schools also topped up what had been raised. With an earlier date, three more primary schools participated than in 2023. Eleven individuals, from a total of 5 schools, went beyond expectations by raising substantial sponsorship, with one pupil raising £300 - these efforts contributed to a 95% increase in the money raised over 2023, a total of £1560. Top fundraisers were recognised at a Sporting Marvels end of term event. At the end of the year under review, Steve Owino was working with the Matonyok Orphanage leadership to source a suitable cow.



**6)** Heart for Africa produced a 2024 calendar, using photographs from previous Tanzania trips. This was given free to regular supporters and Rhondda schools, and sold to others to raise funds. We are very glad to have some fresh photos from the 2024 trip to use for our 2025 & 2026 calendars!



## 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 approximately one day per fortnight and is responsible for grant applications & reports, liaison with Community Coordinators and beneficiaries in Tanzania, and oversight of administration and finance. She continues to perform this role unpaid as part of her commitment as a trustee of the charity. Liam Jones supports her as Fundraising Coordinator, responsible for shop collection boxes and for organising local fundraising and sponsored events (an average of 1-2 hours per week). He was paid £75 per month during the year under review. Responsibility for social media is shared between these two key individuals.

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.

### **Public Benefit**

The trustees confirm 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 (£75pm) and support payments to our Community Coordinators in Arusha, as well as regular payments for accounting services, IT, and insurance. At the financial year end on 31 August 2024, reserves were equivalent to five months core costs.

### **Financial Review**

The financial position of the CIO at 31 August 2024 and at the date of this report is considered satisfactory. The trustees have been very pleased with the increases in regular income and in fundraising from schools and the local community – much credit is due here to the support and enthusiasm of personnel from our sister charity, Sporting Marvels, and the young people they work with, and to our Fundraising Co-ordinator Liam Jones for his organisational and motivational efforts.

The trustees consider that the charity is able to continue to operate as a going concern. The trustees' annual report was approved on 7<sup>th</sup> April 2025 and signed on behalf of the Board of Trustees by:

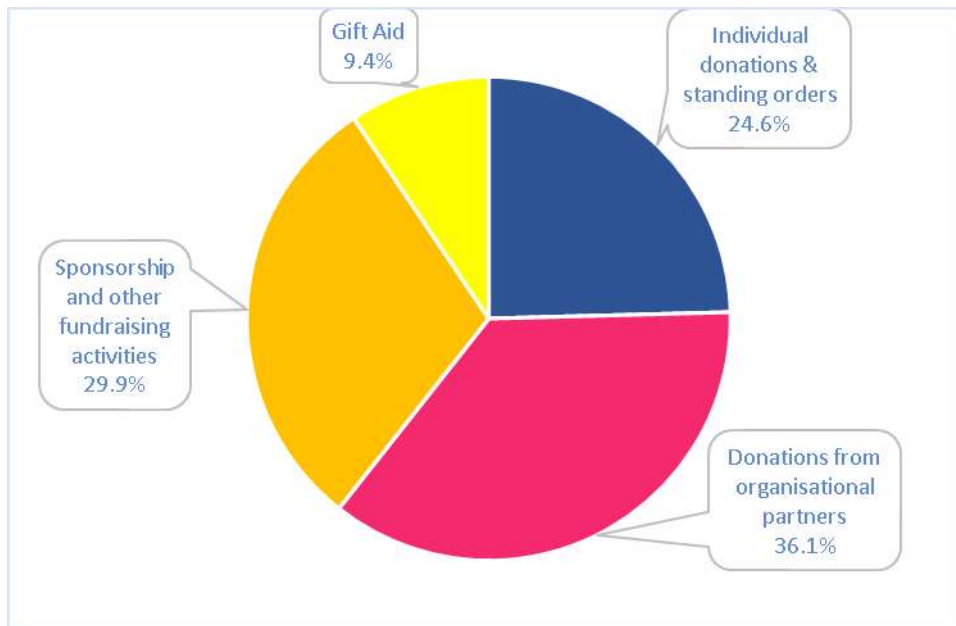
A handwritten signature in black ink, appearing to read "Lawrie R. Davies".

Lawrie R. Davies, LLB  
Chair of Trustees  
7 April 2025

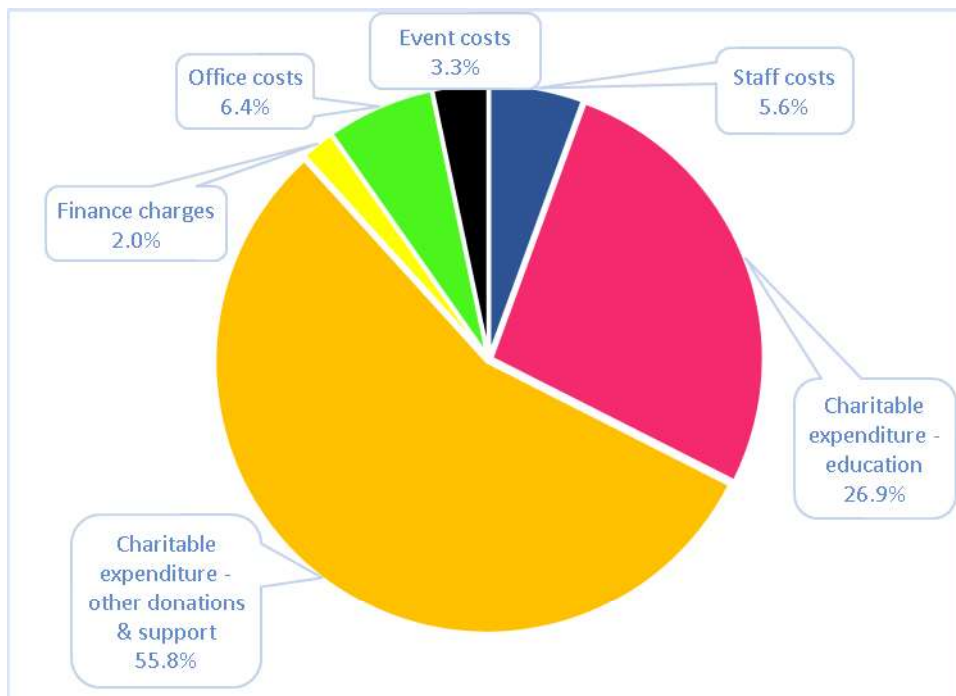
A handwritten signature in black ink, appearing to read "Dr Fiona M Davies".

Dr Fiona M Davies  
Trustee & Unpaid Operations Manager  
7 April 2025

## INCOME 2023/24



## EXPENDITURE 2023/24







**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 2024

**Charity no  
(if any)**

1173027

**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 DD / MM / YYYY.

**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:**

17.03.25

**Name:**

Stephen John Smith

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

ACCA

**Address:**

Curtis Bowden & Thomas

101 Dunraven Street

Tonypandy 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 or Africa

No (if any)

## Receipts and payments accounts

CC16a

For the period from	Period start date 01.09.23	To	Period end date 31.08.24
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### 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	3,476	-	-	3,476	2,308
Trusts, foundation, Church and other entities	5,100	-	-	5,100	3,518
Sponsorship	2,530	-	-	2,530	-
Fundraising activities	1,703	-	-	1,703	1,170
Gift Aid	1,334	-	-	1,334	641
Internal transfers	-	-	-	-	-
	-	-	-	-	-
<b>Sub total (Gross income for AR)</b>	<b>14,143</b>	<b>-</b>	<b>-</b>	<b>14,143</b>	<b>7,637</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>14,143</b>	<b>-</b>	<b>-</b>	<b>14,143</b>	<b>7,637</b>
<b>A3 Payments</b>					
Staff costs including admin/website	750	-	-	750	720
Charitable gifts	11,111	-	-	11,111	8,545
Finance charges	267	-	-	267	241
Office costs	863	-	-	863	855
Events costs	445	-	-	445	404
Internal transfers	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	<b>13,436</b>	<b>-</b>	<b>-</b>	<b>13,436</b>	<b>10,765</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>13,436</b>	<b>-</b>	<b>-</b>	<b>13,436</b>	<b>10,765</b>
<b>Net of receipts/(payments)</b>	<b>707</b>	<b>-</b>	<b>-</b>	<b>707</b>	<b>- 3,128</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>2,634</b>	<b>-</b>	<b>-</b>	<b>2,634</b>	<b>5,765</b>
<b>Cash funds this year end</b>	<b>3,341</b>	<b>-</b>	<b>-</b>	<b>3,341</b>	<b>2,637</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 £
B1 Cash funds	Bank account	3,341	-	-
		-	-	-
		-	-	-
	<b>Total cash funds</b>	<b>3,341</b>	<b>-</b>	<b>-</b>
	(agree balances with receipts and payments account(s))	OK	OK	OK

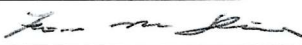

	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B2 Other monetary assets		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-

	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B3 Investment assets			-	-
			-	-
			-	-
			-	-
			-	-

	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B4 Assets retained for the charity's own use			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-

	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
B5 Liabilities			-	
			-	
			-	
			-	
			-	

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

Signature	Print Name	Date of approval
	FIONA DAVIES	31/3/25
	LAWRIE DAVIES	31/03/25