

HIDDEN VOICES KENYA

England & Wales - Charity number 1174076

Details

Status Registered

Legal form CIO

Registered 2017-08-01

Register [View on the Charity Commission register](#)

Contact

Address 61 Third Avenue
Liversedge
WF15 8JS

Phone 07821058155

Email peninahp45@gmail.com

Website www.hidden-voices.org

Activities

Objects: TO PROMOTE AND PROTECT GOOD MENTAL HEALTH IN KENYA IN PARTICULAR BUT NOT EXCLUSIVELY BY:(A) EDUCATING THE PUBLIC ABOUT MENTAL HEALTH ILLNESSES BY RAISING AWARENESS, REDUCING STIGMA, FEAR, INTOLERANCE AND STEREOTYPING BY WORKING DIRECTLY WITH PEOPLE IN VARIOUS SETTINGS AND IN CULTURALLY APPROPRIATE WAYS(B) PROVIDING SERVICES AND OPPORTUNITIES FOR PEOPLE WITH MENTAL ILLNESS, AND THEIR CARERS AND FAMILIES, BY WORKING IN PARTNERSHIP WITH PEOPLE IN VARIOUS SETTINGS AND IN CULTURALLY APPROPRIATE WAYS.(C) ADVOCATING FOR BETTER SUPPORT AND MENTAL HEALTH SERVICES BY WORKING AT COMMUNITY LEVEL AND WITH OTHER SERVICE PROVIDERS TO INCREASE THE AWARENESS OF ISSUES RELATING TO MENTAL ILLNESS, AMONGST POLITICIANS AND GOVERNMENT OFFICIALS IN AN OBJECTIVE AND PERSUASIVE WAY TO HELP SHAPE GOVERNMENT POLICIES AND USE OF RESOURCES IN THE FUTURE

Activities: Hidden Voices Kenya aims to use facilitation, training, information and outreach to improve public understanding and services for people with mental health problems and their families in Kenya. Through partnership work it will reduce stigma and enable full participation in society by developing skilled volunteer-led networks and practical advice, while speaking up for mental health.

Classification

- **How:** Provides Advocacy/advice/information
- **What:** Other Charitable Purposes

Geography

- Kenya

Finances

Period end	Income	Expenditure	Assets	Employees
2025-12-31	£5,414	£5,414	-	-
2024-07-01	£1,600	£1,600	-	-
2023-07-01	£1,500	£1,500	-	-
2022-07-01	£960	£800	-	-
2021-07-01	£460	£300	-	-
2020-07-01	£0	£0	-	-

Trustees

Name	Role	Appointed
Dr CHRISTINE MUTHONI KAHIGI PHD	Chair	2017-08-01
Alice Wangui Gikandi		2018-02-03
Dr MARGARET WACHU GICHUHI		2017-08-01
JACINTA NJERI WACHIRA		2017-08-01
PATRICK MUGO		2017-08-01
PENINAH WANGARI-JONES		2017-08-01
Rahma Hassan		2021-12-12
SIMON KAHIGI MUIGAI		2017-08-01
Teresia Wanjiku Kamau		2018-02-03

HIDDEN VOICES KENYA

England & Wales - Charity number 1174076

Accounts

Hidden Voices Kenya

(A Charitable Incorporated Organisation)

Trustees Annual Report 2026

for the period 1/07/2024 to 31/12/ 2025

A Charitable Incorporated Organisation Number: 1174076

Trustees' Annual Report

For the year ended: 2024/2025

Charity name: HIDDEN VOICES KENYA

Other names the charity is known by

Registered charity number (if any) 1174076

Charity's principal address

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Names of the charity trustees who manage the charity

Trustee Name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
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Governing document: Constitution

How the charity is constituted Trustee selection methods

Charitable Incorporated Organisation Appointed by members

Structure, governance and management

HVK is governed by its trustees and a chairperson who is responsible for setting the strategic direction and policies of the charity. The trustees carry the ultimate responsibility for the conduct of the charity and for ensuring that the charity satisfies its legal and contractual obligations. The trustees meet as often as they need to and delegate the day-to-day operations of the charity to the Chairperson.

Summary of the objects of the charity set out in its governing document

To promote and protect good mental health in Kenya in particular but not exclusively by:

- (a) Educating the public about mental health illnesses by raising awareness, and reducing stigma, fear, intolerance, and stereotyping by working directly with people in various settings and in culturally appropriate ways
- (b) Providing services and opportunities for people with mental illness, and their carers and families, by working in partnership with people in various settings and in culturally appropriate ways.
- (c) Advocating for better support and mental health services by working at the community level and with other service providers to increase the awareness of issues relating to mental illness, amongst politicians and government officials in an objective and persuasive way to help shape government policies and use of resources in the future.

Activity Report Overview

Hidden Voices Kenya (HVK) has maintained consistent and growing activity throughout the reporting period, continuing to advance its core mission of raising mental health awareness, reducing stigma, and building community capacity across Kenya. Despite operating with significant resource constraints, the organisation has expanded its reach, deepened community relationships, developed internal capacity, and responded to an increasingly urgent demand for mental health support. The period has been one of both challenge and meaningful progress, and this report seeks to capture the full breadth of that work.

Context

The reporting period has been marked by considerable social, economic, and environmental pressures that have had a direct and compounding effect on the mental health of Kenyan communities.

The persistently high cost of living has disproportionately impacted lower-income households, placing immense strain on individuals and families already operating with little financial resilience. Simultaneously, climate-related disasters, including severe drought and flooding, have caused widespread crop failure, loss of livestock, and the destruction of livelihoods, particularly among pastoral communities. These environmental shocks have in turn triggered displacement, resource-based conflict, and deepening poverty.

Forced displacement of poorer communities from their dwellings has fuelled ethnic tensions and prompted protests against the government. Political instability, sustained ethnic divisions inflamed during and after election campaigns, and the psychological toll of ongoing civic unrest have further destabilised communities. The burnout associated with political activism, amplified by the relentless pace of social media, has had a measurable and systemic effect on the mental wellbeing of a significant proportion of the population.

Against this backdrop, reported incidents of suicide, violent crime, alcohol and substance abuse, and poverty in the mainstream media have heightened public consciousness of the mental health crisis, and correspondingly increased demand for the kind of grassroots, accessible support that HVK provides. It is within this complex and challenging environment that HVK has continued to operate, adapt, and grow.

Activities Undertaken

During the reporting period, HVK delivered a broad, expanding, and increasingly responsive programme of activities across multiple areas.

Community Engagement and Awareness

Public talks and workshops on mental health issues and illnesses were held across multiple locations, including Githurai, Kiambu, and Nairobi, reaching diverse audiences and generating meaningful community dialogue. HVK also delivered dedicated public talks on the relationship between mental health, alcoholism, and substance abuse, a topic of particular relevance given the documented rise in substance misuse within affected communities.

Community walks were conducted in public spaces, including markets and bus shelters, as a deliberate strategy to take mental health conversations directly into everyday community life, removing the barriers of formal settings and making engagement as accessible as possible. The most recent walk received mainstream media coverage, significantly raising HVK's public profile and amplifying its message to a wider audience.

Monthly community meetings and gatherings have proven to be one of the most effective tools for listening, identifying emerging needs, and shaping the topics and approaches of future activities. Participants have consistently reported back on the practical value of these sessions, including how discussions have enabled more open conversations about mental health with their families and colleagues. This model of community-led engagement has been both actionable and affirming, demonstrating that the approach is working.

Schools and Young People

In recognition of the significant need identified in previous years, HVK continued and deepened its focused programme of engagement with young people, delivering mental health workshops in high schools across the country. Engaging young people early remains a strategic priority for the organisation, grounded in the understanding that building awareness, reducing stigma, and developing emotional literacy at a formative stage has long-term benefits for individuals, families, and communities alike.

Therapy and pastoral support sessions have been offered to individuals who contacted the organisation through its social media platforms, X, Facebook, and Instagram. The growth of HVK's online presence has made the organisation more accessible to those who may be reluctant to seek support through formal channels. Recent members with professional backgrounds in social work, counselling, and mental health have meaningfully expanded HVK's capacity in this area, delivering support under the guidance of more experienced team members to ensure quality and consistency of care. In a number of cases, trustees with professional expertise have also assisted community members with legal, medical, and shelter needs, reflecting the holistic and responsive nature of HVK's approach.

Volunteer Recruitment, Training and Development

Significant and sustained effort has been invested in recruiting, training, and embedding new volunteers as HVK ambassadors. These ambassadors have played a central role in developing and delivering mental health learning materials, both within the wider community and in schools. Their growing number has widened HVK's geographical reach and ensured that activities can be delivered consistently even when individual members are unavailable.

Team building activities, led by experienced members and freelance workers, have supported the integration of newer members and strengthened the overall cohesion and capacity of the organisation. Several HVK members also completed a ten-week mental health training course during this period, which was widely described as invaluable in deepening knowledge and improving what members are able to communicate effectively to the communities they serve. This investment in ongoing learning reflects HVK's commitment to quality and continuous improvement.

Communications and Digital Presence

HVK has continued to generate and publish mental health content across its website, YouTube channel, and social media platforms. Two active members have taken lead responsibility for building and maintaining these platforms, producing thematic posters, recording sessions, and uploading content used across all channels. This consistent digital presence has been instrumental in raising HVK's profile, attracting new members, and ensuring that mental health information reaches audiences beyond those able to attend in-person events.

Signposting and Referral

HVK has continued to signpost individuals to relevant services and professionals, playing an important connective role within the broader mental health ecosystem. Where individuals have presented with needs beyond the organisation's direct capacity, including legal, medical, or housing needs, professional trustees have stepped in to provide or facilitate appropriate support.

Office Space

The acquisition of an office space in Kasarani, Nairobi has been one of the most significant organisational developments of the reporting period. Having a permanent base has transformed the organisation's ability to plan, coordinate, and deliver activities effectively. It has also provided a professional, private, and confidential environment for individuals seeking counselling or pastoral support, a critical requirement given the sensitivity of mental health work and the importance of maintaining trust with those who reach out for help. The office has already become a hub for team meetings, training sessions, and community engagement.

Fundraising

Fundraising efforts were undertaken during the period to support emergency assistance for individuals severely impacted by mental health challenges following ongoing miscarriages of justice. Additional fundraising has continued to sustain volunteer engagement and meet the ongoing costs of community activities.

Challenges

The most significant and persistent challenge facing HVK remains the lack of external funding and day-to-day resources. No external grants were received during the reporting period, and the organisation has been sustained almost entirely through the personal financial contributions of two donor trustees.

A Triodos Bank account holding £160, which had proven difficult to access and operate, was formally closed in December 2025 and the funds redirected to support HVK activities.

The reliance on a small number of individuals for both financial and operational sustainability represents a vulnerability that the organisation is acutely aware of. The breadth of need

within communities, combined with limited human and financial capacity, has required HVK to be highly strategic about how and where it deploys its resources. Decisions about priorities have not always been straightforward, and there are areas of need the organisation has been unable to respond to as fully as it would wish.

Looking ahead, the ongoing political awakening in Kenya and upcoming elections are anticipated to place further pressure on demand, particularly around burnout, trauma, and the psychological impact of witnessed or experienced violence on activists and their communities. HVK is committed to responding to this need but recognises that doing so sustainably will require additional resource.

It is important to acknowledge that the true value of what HVK delivers cannot be measured by its financial expenditure alone. The in-kind contributions of all those who volunteer their time, provide free therapy and counselling, offer transport, bring food to events, and lend their professional expertise are immeasurable. Were these contributions to be monetised, the actual value of HVK's annual output would far exceed what its financial records reflect.

Outcomes and Achievements

Despite operating under considerable constraints, HVK has achieved significant and meaningful outcomes during the reporting period:

A growing number of volunteers have been recruited and trained as HVK ambassadors, substantially widening the organisation's reach and ensuring greater resilience in its capacity to deliver. The ambassador model has proven highly effective, enabling different members to step up for different activities based on availability and expertise, without compromising on delivery.

External demand for HVK's expertise has grown, with other organisations actively inviting members to deliver mental health talks, a clear indication of the organisation's growing reputation and the quality of its work. The number of individuals reaching out directly for support has also increased, reflecting both greater awareness of HVK and greater willingness within communities to seek help.

Monthly community meetings have proven to be a highly effective model of participatory engagement. Participants regularly report back on the practical value of awareness sessions in their personal and professional lives, and many have gone on to seek deeper knowledge or refer others to HVK, demonstrating a genuine multiplier effect.

Several HVK members completing the ten-week mental health training course has meaningfully strengthened the organisation's knowledge base and the quality of its community-facing work. This investment in learning will continue to benefit the communities HVK serves for years to come.

The establishment of a permanent office base in Kasarani represents a significant milestone in the organisation's development, enabling more consistent, professional, and confidential service delivery and providing a foundation from which HVK can continue to grow.

HVK's sustained and consistent grassroots activity, maintained by two dedicated workers focused respectively on community mobilisation and digital communications, has ensured continuity and momentum despite financial limitations. The mainstream media coverage received during the period is a further testament to the organisation's expanding public presence and the relevance of its work.

Financial Summary

HVK's financial activity during the period has been modest but carefully managed. Income has consisted of monthly trustee donations. Their monthly donations have covered freelance worker payments, activity costs, refreshments, access needs for HVK ambassadors, security, internet costs, training, intervention sessions and office running costs. Bringing the direct costs to a total of Ksh. 942,133 or £5413 for the period of July 2024 and December 2025.

Whilst the organisation is currently surviving on a bare minimum of financial resource, it is committed to pursuing external funding opportunities and building the financial resilience necessary to meet the growing demand for its services.

Conclusion

Hidden Voices Kenya continues to demonstrate remarkable commitment, creativity, and impact in the face of significant and sustained resource limitations. The growing demand for its services, expanding volunteer base, increasing community and media recognition, and the establishment of a permanent office base are all clear indicators of an organisation that is effective, trusted, and needed.

The mental health needs of Kenyan communities are profound and growing, shaped by a complex intersection of economic hardship, political instability, climate crisis, and social inequality. HVK is uniquely positioned, through its grassroots relationships, community-centred approach, and deeply committed team, to respond to those needs in a meaningful and lasting way.

Securing sustainable external funding remains the organisation's most urgent priority. With adequate resource, HVK's capacity to serve, support, and strengthen its communities would be transformative. The organisation looks to the future with ambition, determination, and a deep sense of purpose.

Financial Review

Trustees' responsibilities in relation to the financial statements

Law applicable to charities in England and Wales requires the trustees to prepare financial statements for each financial year which give a true and fair view of the charity's financial activities during the year and of its financial position at the end of the year. In preparing financial statements giving a true and fair view, the trustees should follow best practice and:

- select suitable accounting policies and then apply them consistently;
- make judgements and estimates that are reasonable and prudent;
- state whether applicable accounting standards and statements of recommended practice have been followed, subject to any departures disclosed and explained in the financial statements; and
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in operation.

The trustees are responsible for keeping accounting records which disclose with reasonable accuracy the financial position of the charity and which enable them to ascertain the financial position of the charity and which enable them to ensure that the financial statements comply with the Charities Act. They are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

The trustees declare that they have approved the trustees' report above Signed on behalf of the charity's trustees

Signature



Name Dr. Christine Muthoni Kahigi

Position Chair

Date 29.04.2026

HIDDEN VOICES KENYA

England & Wales - Charity number 1174076

Accounts

Hidden Voices Kenya

(A Charitable Incorporated Organisation)

Trustees Annual Report

for the period 1/07/2023 to 30/6/ 2024

A Charitable Incorporated Organisation Number: 1174076

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For the year ended: 2023/2024

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Other names the charity is known by

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How the charity is constituted **Trustee selection methods**

Charitable Incorporated Organisation Appointed by members

Structure, governance and management

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trustees meet as often as they need to and delegate the day-to-day operations of the charity to the Chairperson.

Objectives and activities

Summary of the objects of the charity set out in its governing document

To promote and protect good mental health in Kenya in particular but not exclusively by:

- (a) Educating the public about mental health illnesses by raising awareness, and reducing stigma, fear, intolerance, and stereotyping by working directly with people in various settings and in culturally appropriate ways
- (b) Providing services and opportunities for people with mental illness, and their carers and families, by working in partnership with people in various settings and in culturally appropriate ways.
- (c) Advocating for better support and mental health services by working at the community level and with other service providers to increase the awareness of issues relating to mental illness, amongst politicians and government officials in an objective and persuasive way to help shape government policies and use of resources in the future.

Summary of the main activities undertaken for the public benefit in relation to these objects

The period has continued to be difficult for many Kenyans as the cost of living has stayed really high and the communities who are most impacted by these are those in the lower classes. The factors impacting on lifestyles and mental wellbeing by default are impacted or exacerbated by the following factors.

1. The after effects of covid-19 and introduction of CBC (a different education system from 844 system used before) that has been rolled out across the country in a short space of time, has put a massive strain on schools, teachers, the administration and particularly students and their carers.
2. The country has continued to face disasters related to climate changes with extremities of drought that led to crop failure, and loss of animals for pastoral communities and related conflicts. There has also been an increase in flooding that has led to loss of life, property and land causing displacements and thereafter conflicts and poverty increase. Poorer communities have been forcefully moved or displaced from their dwellings leading to ethnic tension and protests against the government.
3. Whilst the elections date back to August 2022, there are still reverberations that emerge from ethnic divisions heightened and worsened by politicians during the campaign trails and after those who took positions of power resulting in fears and tensions between communities.
4. Actions or inactions following the results of the elections has over time created a level of instability with the opposition calling for mob action, worsening an economy fractured by inflation, unemployment and other social injustice in the country. The finance bill, a proposition to increase taxes in most areas of society has become an issue that most of the Kenyan communities led by the Gen Z have united against. There have been countrywide protests and demonstrations with people taking to the streets, parliament and so forth. This

has also been followed by police brutality en masse, arrest, torture and as we at hidden voices imagine this will have a huge toll on mental health and likely to get worse before it gets better.,

All of the above have impacted on the majority of people's mental health and impacted on Hidden Voices Kenya activities.

That said there was increased demand and requests to HVK for mental health talks. It is believed that the communities were observing and experiencing a higher need for intervention. Reported incidents of suicide, violent murders then suicides, alcohol abuse, violence, poverty and so forth in the mainstream media heightened this senses.

The main activities include;

1. Public talks and workshops on mental health issues and illnesses.
2. Public talk about the relationship between mental health and alcoholism and drug abuse
3. Therapy sessions for individual cases that contacted the organisation through its social media platforms-twitter, facebook and instagram.
4. Public walks in the community and engaging communities in public spaces like markets, bus shelters about mental health.
5. Engaging with schools and delivering workshops in high schools about mental health.
6. Fundraising for emergency support of a few individuals severely impacted by mental health after ongoing miscarriage of justice.
7. Fundraising and ongoing donations to support volunteers engagement and activities.
8. Team building activities.
9. Posting content on mental health issues and thematic posters in the HVK website and other social media platforms.
10. Signposting people to relevant and known services.

Summary of the main achievements of the charity during the year

As stated above, the main achievements relate to meeting the charity's objectives of raising awareness of mental health through public forums, signposting to services and professionals, advocating for better mental health support and services, training and developing own and other capacities to better understand mental health and counter stigma.

The charity has become popular and the demand for talks has increased with other organisations inviting the members to hold talks. There has been an increase in calls for help by individuals and have had to assist some cases for legal, medical and shelter in certain occasions, which was offered by professional members of the trustees.

The charity is still trying to raise funds to make it possible to meet the rising demand for mental health awareness, and so far, two trustees have been making financial contributions to assist with activities and associated expenses.

One trustee has been leading and assisting HVK ambassadors to deliver talks in the community and schools.

Two active members have been mobilising and organising the activities in the community and high schools after promoting them on social media. They have also recruited, carried out training and team building with newer members and volunteers to HVK and few donations coming in have gone on to pay for expenses incurred undertaking the activities.

Two trustees are a trained counsellor and psychotherapist has been offering services to those who have reached out to the organisation but lacking in funds.

Achievements and performance

- Activities continued to focus on raising awareness of the charity and of mental health, through a few introductory events led by volunteers in different locations within the country. Examples include awareness sessions in Githurai, Kiambu and Nairobi..
- Monthly meetings and gatherings by active members of HVK has meant that need is picked up and particularly topics that they would like to be covered or clarity. This method of community engagement and listening has been effective and actionable and one they can see results as most who have attended mental health awareness sessions have reported back on usefulness and ease in having these discussions with families and colleagues. With this training, there are people who approach facilitators or trainers for extra support or deeper knowledge.
- HVK gets contacted via social media as are the members when they speak of mental health. There was a particular case of mental health and law injustice that HVK picked up on following a training session. These objectives were met during this third activity.
- HVK trustees and ambassadors have continued undertaking mental health related activities and tasks outside of hidden voices in Kenya, raising HVK's profile. Several members have now undertaken the 10 week course that was said to be invaluable and adding to their knowledge and understanding therefore communicable to the rest of society. The beneficiaries of this added knowledge through training will be the communities who are contacting HVK and asking to be served.
- There was no external funding received through the course of the year. Expenses related to the few meetings, training sessions, refreshments for volunteers and attendees was met by HVK individuals.

Lack of resources and funds has been one of the biggest barriers in actioning the charity's objectives. A few years ago the board of trustees agreed that it would be helpful if work was carried out by two or three of the HVK ambassadors. As a result of this, monthly contributions from two donor trustees to two active members has sustained the work and made it consistent.

This action was fulfilled and as a result two workers have been doing the grassroots work, one as a mobiliser and organiser of meetings, networking and relationship/engagement with communities around the country. The second worker would concentrate on doing communications, managing social media platforms, publicity, preparing flyers, recording sessions and uploading them. The other members who have skills and knowledge on mental health, will present talks and training. The donations will not pay a salary to the workers but they will help meet expenses incurred in community engagements and also acknowledge their valuable skills.

- As agreed in the previous year and post pandemic, there has been concentrated efforts and focus on young people and liaising with schools. This is because it was clear from previous years work that there is a great need for building a better understanding and more open discussion about mental health and how it can affect people and their families.

Overall outcomes

Hidden Voices Kenya continues to be deeply committed to carrying out its objectives but continues to be thwarted by the challenges of finding suitable funding and lack of day to day resources that enable trustees and volunteers to carry out activities. Thanks to the generosity of some, it has been possible to maintain momentum and ambition as the subject of mental health becomes more widely promoted

through the media. The pandemic, travel restrictions, overwhelmed students and teachers and also greatly impacted on the plans intended for the year 2021, however this increased significantly in 2023-2024. We were able to conduct and run 8 sessions to youth members, parents, parents of children, survivors of sexual abuse, carers of people with mental health, friends and families of people with alcohol and substance misuse, church audiences and schools. We were able to organise sessions in schools and 2 5 mile walks with an estimated reach of about 500 people in total.

With the ongoing political protests in Kenya we anticipate them having an impact on the activists relating to burnout, trauma of violence being meted out or being witnessed amongst other things. We anticipate an increase in demand for mental health support for the victims and their carers/communities.

HVK opened a Triodos Bank account in 2019 and the total funds in the account are £160. The second financial activity that has occurred has been a monthly donation of £100 to pay two workers to conduct HVK activities and meet activity costs. Other donations to meet project activities i.e transport were from members totalling £200, and recent acquisition of a rental office space at £80 per month bringing to a total of £1600 as of July 2024 for direct costs. With minimal financial activity at this stage simple records have been kept. Although HVK is surviving on a bare minimum amount of money because we have been unable to attract grants, it is important to say that in-kind support received from all who volunteer to organise, train, give lifts to members, bring cooked food or snacks to monthly events, give therapy and counselling sessions for free is invaluable and were it to be monetised, what HVK spends in a space of a year is much much more.

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Name Dr. Christine Muthoni Kahigi

Position Chair

Date 03.05.2025

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The period has continued to be difficult for many Kenyans as the cost of living has stayed really high and the communities who are most impacted by these are those in the lower classes. The factors impacting on lifestyles and mental wellbeing by default are impacted or exacerbated by the following factors.

1. The after effects of covid-19 whereby the Kenyan education system made changes such as compressing four semesters in one year to recover the year lost during covid. They have also drastically changed the education system from what was referred to as an 844 system to a CBC system. Both of this impacted and stressed on students, teachers and families at large.
2. The country has continued to face disasters related to climate changes with extremities of drought that led to crop failure, and loss of animals for pastoral communities and related conflicts. There has also been an increase in flooding that has led to loss of life, property and land causing displacements and thereafter conflicts and poverty increase.
3. Whilst the elections date back to August 2022, there are still reverberations that emerge from ethnic divisions heightened and worsened by politicians during the campaign trails and after those who took positions of power resulting in fears and tensions between communities.

4. The results of the elections has over time created a level of instability with the opposition calling for mob action, worsening an economy fractured by Covid, drought and other social injustice in the country.

All of the above have impacted on the majority of people's mental health and impacted on Hidden Voices Kenya activities.

That said there was increased demand and requests to HVK for mental health talks. It is believed that the communities were observing and experiencing a higher need for intervention. Reported incidents of suicide, violent murders then suicides, alcohol abuse, violence, poverty and so forth in the mainstream media heightened this senses.

The main activities include;

1. Public talks on mental health issues and illnesses.
2. Public talk about the relationship between mental health and alcoholism and drug abuse
3. Therapy sessions for individual cases that contacted the organisation through its social media platforms-twitter, facebook and instagram.
4. Fundraising for emergency support of a few individuals severely impacted by mental health after ongoing miscarriage of justice.
5. Fundraising and ongoing donations to support volunteers engagement and activities.
6. Team building activities.
7. Posting content on mental health issues and thematic posters in the HVK website and other social media platforms.
8. Signposting people to relevant and known services.

Summary of the main achievements of the charity during the year

As stated above, the main achievements relate to meeting the charity's objectives of raising awareness of mental health through public forums, signposting to services and professionals, advocating for better mental health support and services, training and developing own and other capacities to better understand mental health and counter stigma.

The charity has become popular and the demand for talks has increased with other organisations inviting the members to hold talks. There has been an increase in calls for help by individuals and have had to assist some cases for legal, medical and shelter in certain occasions, which was offered by professional members of the trustees.

The charity is still trying to raise funds to make it possible to meet the rising demand for mental health awareness, and so far, two trustees have been making financial contributions to assist with activities and associated expenses.

Two other trustees have been leading and assisting HVK ambassadors to deliver talks in the community and schools.

Two active members have been mobilising and organising the activities in the community and high schools after promoting them on social media. They have also recruited, carried out training and team building with newer members and volunteers to HVK.

One trustee and trained counsellor and psychotherapist has been offering services to those who have reached out to the organisation but lacking in funds.

Achievements and performance

- Activities continued to focus on raising awareness of the charity and of mental health, through a few introductory events led by volunteers in different locations within the country. Examples include awareness sessions in Githurai, Nairobi and Kinangop.
- Monthly meetings and gatherings by active members of HVK has meant that need is picked up and particularly topics that they would like to be covered or clarity. This method of community engagement and listening has been effective and actionable and one they can see results as most who have attended mental health awareness sessions have reported back on usefulness and ease in having these discussions with families and colleagues. With this training, there are people who approach facilitators or trainers for extra support or deeper knowledge.
- HVK gets contacted via social media as are the members when they speak of mental health. There was a particular case of mental health and law injustice that HVK picked up on following a training session. These objectives were met during this third activity.
- HVK trustees and ambassadors have continued undertaking mental health related activities and tasks outside of hidden voices in Kenya, raising HVK's profile. They have continued to build a bank of information from the media and other sources to demonstrate the need for this attention to mental health. Information uploaded onto the website. Several members have now undertaken the 10 week course that was said to be invaluable and adding to their knowledge and understanding therefore communicable to the rest of society. The beneficiaries of this added knowledge through training will be the communities who are contacting HVK and asking to be served.
- There was no external funding received through the course of the year. Expenses related to the few meetings, training sessions, refreshments for volunteers and attendees was met by HVK individuals.

Two years ago the board of trustees agreed that it would be helpful if work will be carried out by two or three of the HVK ambassadors through monthly donations from a trustee who volunteers to contribute as this would activate and sustain the work. Lack of resources and funds has been one of the biggest barriers in actioning the charity's objectives. This action was fulfilled and as a result two workers have been doing the grassroots work, one as a mobiliser and organiser of meetings, networking and relationship/engagement with communities around the country. The second worker would concentrate on doing communications, managing social media platforms, publicity, preparing flyers, recording sessions and uploading them. The other members who have skills and knowledge on mental health, will present talks and training. The donations will not pay a salary to the workers but they will help meet expenses incurred in community engagements and also acknowledge their valuable skills.

- As agreed in the previous year and post-pandemic, there has been concentrated efforts and focus on young people and liaising with schools. This is because it was

clear from previous years work that there is a great need for building a better understanding and more open discussion about mental health and how it can affect people and their families.

Overall outcomes

Hidden Voices Kenya continues to be deeply committed to carrying out its objectives but continues to be thwarted by the challenges of finding suitable funding and lack of day to day resources that enable trustees and volunteers to carry out activities. Thanks to the generosity of some, it has been possible to maintain momentum and ambition as the subject of mental health becomes more widely promoted through the media. The pandemic, travel restrictions, overwhelmed students and teachers and also greatly impacted on the plans intended for the year 2021, however this increased significantly in 2023-2024. We were able to conduct and run 10 sessions to youth members, parents, parents of children, survivors of sexual abuse, carers of people with mental health, friends and families of people with alcohol and substance misuse, church audiences and schools. We reached a number of 400 people who attended our training sessions and workshops including online.

HVK opened a Triodos Bank account in 2019 and the total funds in the account are £160.

The second financial activity that has occurred has been a monthly donation of £100 to pay two workers to conduct HVK activities and meet activity costs. Other donations to meet project activities i.e transport were from members totalling £300, bringing to a total of £1500 as of July 2023 for direct costs.

With minimal financial activity at this stage simple records have been kept.

Financial review

Trustees' responsibilities in relation to the financial statements

Law applicable to charities in England and Wales requires the trustees to prepare financial statements for each financial year which give a true and fair view of the charity's financial activities during the year and of its financial position at the end of the year. In preparing financial statements giving a true and fair view, the trustees should follow best practice and:

- select suitable accounting policies and then apply them consistently;
- make judgements and estimates that are reasonable and prudent;
- state whether applicable accounting standards and statements of recommended practice have been followed, subject to any departures disclosed and explained in the financial statements; and
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in operation.

The trustees are responsible for keeping accounting records which disclose with reasonable accuracy the financial position of the charity and which enable them to ascertain the financial position of the charity and which enable them to ensure that the financial statements comply with the Charities Act. They are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

The trustees declare that they have approved the trustees' report above Signed on behalf of the charity's trustees

Signature 

Name Dr. Christine Muthoni Kahigi

Position Chair

Date 02.05.2024

HIDDEN VOICES KENYA

England & Wales - Charity number 1174076

Accounts

Hidden Voices Kenya

(A Charitable Incorporated Organisation)

Trustees Annual Report

for the year ended -1/7/ 2023

A Charitable Incorporated Organisation Number: 1174076

Trustees' Annual Report

For the year ended: 2022/2023

Charity name: HIDDEN VOICES KENYA

Other names the charity is known by

Registered charity number (if any) 1174076

Charity's principal address

% 61 Third Avenue, WF15 8JS

Names of the charity trustees who manage the charity

Trustee Name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
Dr Christine Kahigi -Chair	Chair	2022-2023	Elected by Members
Peninah Wangari-Jones	Secretary	2022-2023	Elected by Members
Rahma Hassan	Treasurer	2022-2023	Elected by members members
Dr Margaret Wachu Gichuhi	Board member	2022-2023	Elected by members members
Simon Kahigi Muigai	Board Member	2022-2023	Elected by members members
Dr. Jacinta N.Wachira	Board member	2022-2023	Elected by members members
Patrick Mugo	Board Member	2022-2023	Elected by members members
Dr. Alice W.Gikandi	Board Member	2022-2023	Elected by members members
Dan Wanyama	Board Member	2022-2023	Elected by members members
Teresia Kamau	Board Member	2022-2023	Elected by members members

Trustee Name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
Dr Christine Kahigi -Chair	Chair	2022-2023	Elected by Members
Peninah Wangari-Jones	Secretary	2022-2023	Elected by Members
Rahma Hassan	Treasurer	2022-2023	Elected by members members
Dr Margaret Wachu Gichuhi	Board member	2022-2023	Elected by members members
Simon Kahigi Muigai	Board Member	2022-2023	Elected by members members
Dr. Jacinta N.Wachira	Board member	2022-2023	Elected by members members
Patrick Mugo	Board Member	2022-2023	Elected by members members
Dr. Alice W.Gikandi	Board Member	2022-2023	Elected by members members
Dan Wanyama	Board Member	2022-2023	Elected by members members
Teresia Kamau	Board Member	2022-2023	Elected by members members

Governing document: Constitution

How the charity is constituted Trustee selection methods

Charitable Incorporated Organisation Appointed by members

Structure, governance and management

HVK is governed by its trustees and a chairperson who is responsible for setting the strategic direction and policies of the charity. The trustees carry the ultimate responsibility for the conduct of the charity and for ensuring that the charity satisfies its legal and contractual obligations. The trustees meet as often as they need to and delegate the day-to-day operations of the charity to the Chairperson.

Objectives and activities

Summary of the objects of the charity set out in its governing document

To promote and protect good mental health in Kenya in particular but not exclusively by:

- (a) Educating the public about mental health illnesses by raising awareness, and reducing stigma, fear, intolerance, and stereotyping by working directly with people in various settings and in culturally appropriate ways
- (b) Providing services and opportunities for people with mental illness, and their carers and families, by working in partnership with people in various settings and in culturally appropriate ways.
- (c) Advocating for better support and mental health services by working at the community level and with other service providers to increase the awareness of issues relating to mental illness, amongst politicians and government officials in an objective and persuasive way to help shape government policies and use of resources in the future.

Summary of the main activities undertaken for the public benefit in relation to these objects

The period has been tough for many Kenyans as the cost of living shot up due to a coincidence of circumstances beyond normal control by those concerned.

1. Although covid-19 may have ebbed away, the Kenyan education system made changes such as compressing four semesters in one year to recover the year lost during covid. This impacted and stressed on students, teachers and families at large.
2. Over and above Covid-19 ravages, the country experienced a drought for two years which led to crop failure and loss of over 3 million animals from pastoral communities losing life. This resulted to poverty and rise in crime including cattle rustling causing a lot of stress to majority
3. There were elections in August 2022 that resulted to ethnic divisions heightened and worsened by politicians during the campaign trails, resulting in fears for ethnic violence like the one of 2007. This kept many people on edge.
4. The results of the elections has over time created a level of instability with the opposition calling for mob action, worsening an economy fractured by Covid, drought and Russian/Ukrainian war.

All of the above have impacted on the majority of people's mental health and impacted on Hidden Voices Kenya activities.

That said there was increased demand and requests to HVK for mental health talks. It is believed that the communities were observing and experiencing a higher need for intervention. Reported incidents

of suicide, violent murders then suicides, alcohol abuse, violence, poverty and so forth in the mainstream media heightened this senses.

The main activities include;

1. Public talks on mental health issues in Njabini centre- South Kinangop.
2. Public talk about the relationship between mental health and alcoholism and drug abuse among the youth-in Nyandarua County, Kenya.
3. Therapy sessions for individual cases that knew about the charity through its social media platforms-twitter, facebook and instagram.
4. Raising donations to intervene with a family affected by sexual abuse and miscarriage of justice.
5. Participating in a mental health champions walk in the capital city- Nairobi.
6. Holding a team building event at Arboretum Park in Nairobi.
7. Posting content on mental health issues and thematic posters in the HVK website.
8. Raising donations of sanitary towels to be provided to women and girls.

Summary of the main achievements of the charity during the year

As stated above, the main achievements relate to meeting the charity's objectives of raising awareness of mental health through public forums, signposting to services and professionals, advocating for better mental health support and services, training and developing own and other capacities to better understand mental health and counter stigma.

The charity has become popular and the demand for talks has increased with other organisations inviting the members to hold talks. There has been an increase in calls for help by individuals and have had to assist some cases for legal, medical and shelter in certain occasions, which was offered by professional members of the trustees. The charity is still trying to raise funds to make it possible to meet the rising demand for mental health awareness, and so far, one trustee member has been financing trips undertaken.

Achievements and performance

- Activities continued to focus on raising awareness of the charity and of mental health, through a few introductory events led by volunteers. They included planning and starting to carry out awareness raising sessions in Githurai, Nairobi and Kinangop.
- Monthly and fortnightly meetings and gatherings by active members of HVK has meant that need is picked up and particularly topics that they would like to be covered or clarity. This method of community engagement and listening has been effective and actionable and one they can see results as most who have attended mental health awareness sessions have reported back on usefulness and ease in having these discussions with families and colleagues.
- With this training, there are people who approach facilitators or trainers for extra support or deeper knowledge. HVK also gets contacted via social media as are the members when they speak of mental health. There was a particular case of mental health and law injustice that HVK picked up on following a training session. These objectives were met during this third activity.

- HVK trustees and ambassadors have continued undertaking mental health related activities and tasks outside of hidden voices in Kenya, raising HVK's profile. They have continued to build a bank of information from the media and other sources to demonstrate the need for this attention to mental health. Information uploaded onto the website. The 10 week course that was attended by trustees was said to be invaluable and adding to their knowledge and understanding therefore communicable to the rest of society. The beneficiaries of this added knowledge through training will be the communities who are contacting HVK and asking to be served. One trustee is also a dr and a counselling psychologist who has been supporting the organisation and mental health first-aid for those who contact the organisation.
- There was no external funding received through the course of the year. Expenses related to the few meetings, training sessions, refreshments for volunteers and attendees was met by HVK individuals.

Two years ago the board of trustees agreed that it would be helpful if work will be carried out by two or three of the HVK ambassadors through monthly donations from a trustee who volunteers to contribute as this would activate and sustain the work. Lack of resources and funds has been one of the biggest barriers in actioning the charity's objectives. This action was fulfilled and as a result two workers have been doing the grassroots work, one as a mobiliser and organiser of meetings, networking and relationship/engagement with communities around the country. The second worker would concentrate on doing communications, managing social media platforms, publicity, preparing flyers, recording sessions and uploading them. The other members who have skills and knowledge on mental health, will present talks and training. The donations will not pay a salary to the workers but they will help meet expenses incurred in community engagements and also acknowledge their valuable skills.

- Discussion by the committee had previously emphasised that post pandemic and when lockdown measures are reduced, planning for the future will continue, with a focus on young people and liaising with schools. This is because it was clear from previous years work that there is a great need for building a better understanding and more open discussion about mental health and how it can affect people and their families. As well as continuing Githurai youth group meetings and inviting guests. However this did not occur as intended due to the issues raised at the beginning of this report.

Overall outcomes

Hidden Voices Kenya continues to be deeply committed to carrying out its objectives but continues to be thwarted by the challenges of finding suitable funding and lack of day to day resources that enable trustees and volunteers to carry out activities. Thanks to the generosity of some, it has been possible to maintain momentum and ambition as the subject of mental health becomes more widely promoted through the media. The pandemic, travel restrictions, overwhelmed students and teachers and also greatly impacted on the plans intended for the year 2021, however this increased significantly in 2021-2022. We were able to conduct and run 8 sessions to youth members, parents, parents of children, survivors of sexual abuse, carers of people with mental health, friends and families of people with alcohol and substance misuse, church audiences. We reached a number of 300 people who attended our training sessions and workshops including online.

HVK opened a Triodos Bank account in 2019 and the total funds in the account are £160.

The second financial activity that has occurred has been a bi- monthly donation of £100 to pay two workers to conduct HVK activities and meet activity costs. Other donations to meet project activities i.e transport were from members totalling £200, bringing to a total of £800 as of July 2022 for direct costs.

With minimal financial activity at this stage simple records have been kept.

Financial review

Trustees' responsibilities in relation to the financial statements

Law applicable to charities in England and Wales requires the trustees to prepare financial statements for each financial year which give a true and fair view of the charity's financial activities during the year and of its financial position at the end of the year. In preparing financial statements giving a true and fair view, the trustees should follow best practice and:

- select suitable accounting policies and then apply them consistently;
- make judgements and estimates that are reasonable and prudent;
- state whether applicable accounting standards and statements of recommended practice have been followed, subject to any departures disclosed and explained in the financial statements; and
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in operation.

The trustees are responsible for keeping accounting records which disclose with reasonable accuracy the financial position of the charity and which enable them to ascertain the financial position of the charity and which enable them to ensure that the financial statements comply with the Charities Act. They are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

The trustees declare that they have approved the trustees' report above Signed on behalf of the charity's trustees

Signature



Name Dr. Christine Muthoni Kahigi

Position Chair

Date 04.05.2023

HIDDEN VOICES KENYA

England & Wales - Charity number 1174076

Accounts

Trustees' Annual Report

For the year ended: **01/07/20 - 01/07/21**

Reference and administration details

Charity name Hidden Voices Kenya

Other names the charity is known by None

Registered charity number (if any) 1174076

Charity's principal address 61 Third Avenue, Liversedge, West Yorkshire, WF15 8JS, UK

Names of the charity trustees who manage the charity

Trustee Name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
Dr Christine Kahigi	Chair		Hidden Voices Kenya (HVK) members
Peninah Wangari-Jones	Secretary		HVK members
Dr Margaret Wachu Gichuhi			HVK members
Simon Kahigi Muigai			HVK members
Jacinta Njeri Wachira			HVK members
Patrick Mugo			HVK members
Rahma Hassan	Treasurer		HVK members
Alice Wangui Gikandi			HVK members
Teresia Wangui Kamau			HVK members

Structure, governance and management

Governing document: Constitution

How the charity is constituted Charitable Incorporated Organisation

Trustee selection methods Appointed by members

Additional governance issues n/a

Objectives and activities

Summary of the objects of the charity set out in its governing document

To promote and protect good mental health in Kenya in particular but not exclusively by:

(a) Educating the public about mental health illnesses by raising awareness, reducing stigma, fear, intolerance and stereotyping by working directly with people in various settings and in culturally appropriate ways

(b) Providing services and opportunities for people with mental illness, and their carers and families, by working in partnership with people in various settings and in culturally appropriate ways.

(c) Advocating for better support and mental health services by working at community level and with other service providers to increase the awareness of issues relating to mental illness, amongst politicians and government officials in an objective and persuasive way to help shape government policies and use of resources in the future.

Summary of the main activities undertaken for the public benefit in relation to these objects

Due to minimal resources and a number of mitigating circumstances beyond the charity's control, activities were very limited but increased significantly compared to the year before. The pandemic also impacted a lot on activities planned for 2020. HVK meetings held discussed the impact of the pandemic not only on their activities but on mental health generally.

All schools were closed for a long period of time. School closures especially in poorer areas of the country who do not have IT resources meant children were not studying but staying at home. Being stuck indoors as families especially in inner cities increased tensions, conflict and negative impact on mental health. There were reported increased rates of domestic abuse and violence increased in that period. For those who looked for healthy or unhealthy options to counter the idleness, there was increased teenage pregnancy in that same period.

Closure of public institutions like bars and clubs also had a huge effect on the family and home dynamics. Alcohol which is considered a taboo is usually consumed in public spaces rather than at home. With closure of bars, people began buying from stores and consuming at home in secret then became exposed so a lot of the domestic domestics were triggered by alcohol and other substance abuse that was occurring at home. Substance misuse drugs were not as available or accessible as they were pre-pandemic affecting people's behaviours, personality and mental health especially those with dual diagnosis or mental health dispositions.

Closure of other public institutions such as churches also had a negative impact on mental health. This is because schools similar to educational institutions, bars, offices also act as social spaces for individuals and communities and their closures meant isolation, alienation and triggered negative mental health.

Poverty increased because the lockdowns, movement restrictions had a huge impact on the economy, business, jobs and employment generally. Mental health depreciated as a result of some of these negative factors.

Upcoming presidential elections (August 2022) which means ongoing gatherings, campaigns and unfortunately incentives such as giving or receiving money and other monetary gifts. As a result of this, HVK attempts to hold events, gatherings to discuss matters relating to mental health has meant there is an expectation to offer more than mental health talks and awareness raising or interference from candidates standing for elections.

That said there was increased demand and requests to HVK for mental health talks. It is believed that the communities were observing and experiencing a higher need for intervention. Reported incidents of suicide, violent murders then suicides, alcohol abuse, violence, poverty and so forth in the mainstream media heightened this senses.

The main activities include;

1. Training sessions to individuals and community groups on mental health.
2. Monthly and fortnightly meetings held by members with youth in Githurai discussing matters pertaining to wellbeing and wider factors of life.
3. Pastoral support to individuals who emerged out of and following this training sessions
4. 12 week training mental health course attended by HVK members
5. Fundraising activities and donations to sustain HVK activities and work.
6. There was a paper written and a presentation made by HVK co-founder and chair, relating to the state of mental health and the impact that covid-19 has had on families and students.



Achievements and performance

Summary of the main achievements of the charity during the year

As stated above, the main achievements relate to meeting the charity's objectives of raising awareness of mental health through public forums, signposting to services, advocating for better mental health support and services, training and developing own and other capacities to better understand mental health and counter stigma. Other achievements include writing and publishing a journal article via university of Nairobi and a paper via University of Leeds highlighting the issue of mental health. Finally

and despite not having funding and whilst still going through the pandemic, being able to deliver multiple workshops and workshops on mental health, attended by many.

- Activities continued to focus on raising awareness of the charity and of mental health, through a few introductory events led by volunteers. They included planning and starting to carry out awareness raising sessions in Githurai, Nairobi and Kinangop. It was well received with over 200 people in the community attending overall. Most topics covered are based on need or requests and community participation reported as high and a request to return again or ask for more.
- Monthly and fortnightly meetings and gatherings by active members of HVK has meant that need is picked up and particularly topics that they would like to be covered or clarity. This method of community engagement and listening has been effective and actionable and one they can see results as most who have attended mental health awareness sessions have reported back on usefulness and ease in having these discussions with families and colleagues.
- With this training, there are people who approach facilitators or trainers for extra support or deeper knowledge. HVK also gets contacted via social media as are the members when they speak of mental health. There was a particular case of mental health and law injustice that HVK picked up on following a training session. This situation is currently ongoing but has in its initial stages required financial support to rescue the family, support to feminist organisations who work on gender based violence and child abuse and interventions via courts, lawyers and police, schools, neighbourhood amongst other things. Within our objectives, we are aware that raising these mental health awareness workshops would also heighten a need for services and therefore HVK's ability to signpost. These objectives were met during this third activity.
- HVK trustees and ambassadors have continued undertaking mental health related activities and tasks outside of hidden voices in Kenya, raising HVK's profile. They have continued to build a bank of information from the media and other sources to demonstrate the need for this attention to mental health. Information uploaded onto the website. The 10 week course that was attended by trustees was said to be invaluable and adding to their knowledge and understanding therefore communicable to the rest of society. The beneficiaries of this added knowledge through training will be the communities who are contacting HVK and asking to be served.
- There was no external funding received through the course of the year. Expenses related to the few meetings, training sessions, refreshments for volunteers and attendees was met by HVK individuals.

Last year the board of trustees agreed that it would be helpful if work will be carried out by two or three of the HVK ambassadors through monthly donations from a trustee who volunteers to contribute as this would activate and sustain the work. Lack of resources and funds has been one of the biggest barriers in actioning the charity's objectives. This action was fulfilled and as a result two workers have been doing the grassroots work, one as a mobiliser and organiser of meetings, networking and relationship/engagement with communities around the country. The second worker would concentrate on doing communications, managing social media platforms, publicity, preparing flyers, recording sessions and uploading them. The other members who have skills and knowledge on mental health, will present talks and training. The donations will not pay a salary to the workers but they will help meet expenses incurred in community engagements and also acknowledge their valuable skills.

- Discussion by the committee has emphasised that post pandemic and when lockdown measures are reduced, planning for the future will continue, with a focus on young people and

liaising with schools. This is because it was clear from previous years work that there is a great need for building a better understanding and more open discussion about mental health and how it can affect people and their families. As well as continuing Githurai youth group meetings and inviting guests.

- Others included an online annual general meeting held in March 2021 and inviting other local, regional and national guests to HVK meetings to present on work they are doing, challenges and check synergy for future collaborations.

Overall outcomes



Hidden Voices Kenya continues to be deeply committed to carrying out its objectives but continues to be thwarted by the challenges of finding suitable funding and lack of day to day resources that enable trustees and volunteers to carry out activities. Thanks to the generosity of some, it has been possible to maintain momentum and ambition as the subject of mental health becomes more widely promoted through the media. The pandemic, travel restrictions, curfew and reduced income also greatly impacted on the plans intended for the year 2020, however this increased significantly in 2021. We were able to conduct and run 5 sessions to youth members, parents, parents of children with disabilities, carers of people with mental health, friends and families of people with alcohol and substance misuse, church audiences. We reached a number of 200 people who attended our training sessions and workshops.

Financial review

HVK opened a Triodos Bank account in 2019 and a donation of £20 added, in May 2021 a donation of £140 was made bringing total funds in the account to £160.

The second financial activity that has occurred has been a monthly donation of £100 to pay two workers to conduct HVK activities and meet activity costs. Other donations to meet project activities i.e transport were from members totalling £100, bringing to a total of £460 as of July 2021 for direct costs. With minimal financial activity at this stage simple records have been kept.

Trustees' responsibilities in relation to the financial statements

Law applicable to charities in England and Wales requires the trustees to prepare financial statements for each financial year which give a true and fair view of the charity's financial activities during the year and of its financial position at the end of the year. In preparing financial statements giving a true and fair view, the trustees should follow best practice and:

- select suitable accounting policies and then apply them consistently;
- make judgements and estimates that are reasonable and prudent;
- state whether applicable accounting standards and statements of recommended practice have been followed, subject to any departures disclosed and explained in the financial statements; and
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in operation.

The trustees are responsible for keeping accounting records which disclose with reasonable accuracy the financial position of the charity and which enable them to ascertain the financial position of the charity and which enable them to ensure that the financial statements comply with the Charities Act. They are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Declaration

The trustees declare that they have approved the trustees' report

above Signed on behalf of the charity's trustees



Signature

Dr. Christine Muthoni Kahigi

Name

Chair

Position (e.g. Chair etc)

27.05.2022

Date