

CAY HEALTH FOUNDATION

England & Wales · Charity number 1177163

Details

Other names CHARLOTTE ADJOA YEBOAH HEALTH FOUNDATION

Status Registered

Legal form CIO

Registered 2018-02-14

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

Contact

Address 69 Highbury Avenue
Thornton Heath
Surrey
CR7 8BQ

Phone 07722005778

Email comfort.eshun.ce@googlemail.com

Website www.cayhealth.org

Activities

Objects: THE RELIEF OF SICKNESS AND PRESERVATION OF GOOD HEALTH IN PARTICULAR BUT NOT EXCLUSIVELY IN LONDON BY THE PROVISION OF INFORMATION, ADVICE AND SUPPORT IN HEALTH MATTERS IN GENERAL AND BY PROMOTING THE BENEFITS OF HEALTHY LIFESTYLES

Activities: We facilitate and educate on the prevention of diseases in the community. We organise community events that brings people together to discuss health issues. We operate within London and beyond.

Classification

- **How:** Provides Advocacy/advice/information
- **What:** The Advancement Of Health Or Saving Of Lives
- **Who:** People Of A Particular Ethnic Or Racial Origin, The General Public/mankind

Geography

- Throughout London

Finances

Period end	Income	Expenditure	Assets	Employees
2024-09-30	£221	£8,251	-	-
2023-09-30	£10,029	£1,874	-	-
2022-09-30	£0	£0	-	-
2021-09-30	£0	£0	-	-
2020-09-30	£20	£18	-	-

Trustees

Name	Role	Appointed
COMFORT ESHUN	Chair	2017-09-30
MARIAN BRUCE-APPIAH		2017-09-30
MARY ODURO		2017-09-30

CAY HEALTH FOUNDATION

England & Wales - Charity number 1177163

Accounts



Trustees' Annual Report for the period

From	Period start date			To	Period end date		
	01	10	2023		30	09	2024

Section A Reference and administration details

Charity name

CAY Health Foundation

Other names charity is known by

Registered charity number (if any)

1177163

Charity's principal address

69 Highbury Avenue
 Thornton Heath
 Surrey
Postcode CR7 8BQ

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)
1	Comfort Eshun			
2	Mary Oduro			
3	Marian Bruce-Appiah			
4				
5				
6				
7				
8				
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10				
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13				
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17				
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19				
20				

Names of the trustees for the charity, if any, (for example, any custodian trustees)

Name	Dates acted if not for whole year

Names and addresses of advisers (Optional information)

Type of adviser	Name	Address

Name of chief executive or names of senior staff members (Optional information)

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Section B Structure, governance and management

Description of the charity's trusts

Type of governing document (eg. trust deed, constitution)	Constitution
How the charity is constituted (eg. trust, association, company)	Trust
Trustee selection methods (eg. appointed by, elected by)	Appointment

Additional governance issues (Optional information)

You **may choose** to include additional information, where relevant, about:

- policies and procedures adopted for the induction and training of trustees;
- the charity's organisational structure and any wider network with which the charity works;
- relationship with any related parties;
- trustees' consideration of major risks and the system and procedures to manage them.

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Section C Objectives and activities

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

To advance health including the prevention or relief of sickness, diseases or human suffering as well as promotion of healthy life style in London and beyond.

Organise series of public engagement programmes to educate and sensitise BAME people on life style behaviours and raising awareness on the dangers of hypertension affecting our health.

These programs includes organising public exercise sessions and having health talks and presentation in the community.

Summary of the main activities undertaken for the public benefit in relation to these objects (include within this section the statutory declaration that trustees have had regard to the guidance issued by the Charity Commission on public benefit)

Additional details of objectives and activities (Optional information)

You **may choose** to include further statements, where relevant, about:

- policy on grantmaking;
- policy programme related investment;
- contribution made by volunteers.

Summary of the main achievements of the charity during the year

Have helped promote healthy lifestyles in the community

Disseminated information on Hypertension and other heart related diseases.

Worked with dieticians and other medical personnels to promote healthy eating by providing information on food and their impact on the heart other organs.

In some instances we have help pointed people to the right direction as where they can seek specific help in specific situations.

Encouraged people already on medication to take them regularly.

Section E

Financial review

Brief statement of the charity's policy on reserves

All unused funds must be held in the Charity's main bank account. As at 30/09/2024 the charity had £124.74 in the account.

Details of any funds materially in deficit

N/A

Further financial review details (Optional information)

You **may choose** to include additional information, where relevant about:

- the charity's principal sources of funds (including any fundraising);
- how expenditure has supported the key objectives of the charity;
- investment policy and objectives including any ethical investment policy adopted.

Section F

Other optional information

Section G

Declaration

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

Signature(s)	Comfort Eshun	
Full name(s)	Comfort Eshun	
Position (eg Secretary, Chair, etc)	Chair	
Date	19/09/2025	



CHARITY COMMISSION
FOR ENGLAND AND WALES

Charity Name	No (if any)
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Receipts and payments accounts

CC16a

For the period from	Period start date	To	Period end date
	01/10/2023		30/09/2024

Section A Receipts and payments

	Unrestricted funds	Restricted funds	Endowment funds	Total funds	Last year
	to the nearest £	to the nearest £	to the nearest £	to the nearest £	to the nearest £
A1 Receipts					
Received From Nation Lotteries	-	-	-	-	-
Received From Trustee(Chair)	-	-	-	-	-
Cash at Bank	8,155	-	-	8,155	-
Reversed Expense	150	-	-	150	-
Refund	71	-	-	71	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total (Gross income for AR)	8,376	-	-	8,376	-
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	8,376	-	-	8,376	-
A3 Payments					
Finess Coach	1,000	-	-	1,000	-
Hall Rental	1,500	-	-	1,500	-
Internet and Website	900	-	-	900	-
Health Promotion	1,800	-	-	1,800	-
Equipment(Laptop)	850	-	-	850	-
Insurance	192	-	-	192	-
Volunteers	250	-	-	250	-
Facilitator	1,400	-	-	1,400	-
Advertising	359	-	-	359	-
	-	-	-	-	-
Sub total	8,251	-	-	8,251	-
A4 Asset and investment purchases, (see table)					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	8,251	-	-	8,251	-
Net of receipts/(payments)	125	-	-	125	-
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	-	-	-	-	-
Cash funds this year end	125	-	-	125	-

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		-	-	-
		-	-	-
		-	-	-
	Total cash funds	-	-	-
	(agree balances with receipts and payments account(s))	Agreement Error	OK	OK
B2 Other monetary assets	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
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 asset belongs	Cost (optional)	Current value (optional)
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
B5 Liabilities	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
			-	
			-	
			-	
			-	
Signed by one or two trustees on behalf of all the trustees	Signature	Print Name	Date of approval	
	Comfort Eshun	Comfort Eshun	19/09/2025	

CAY HEALTH FOUNDATION

England & Wales - Charity number 1177163

Accounts



Trustees' Annual Report for the period

From	Period start date			To	Period end date		
	01	10	2022		30	09	2023

Section A Reference and administration details

Charity name	CAY Health Foundation
Other names charity is known by	
Registered charity number (if any)	1177163
Charity's principal address	69 Highbury Avenue
	Thornton Heath
	Surrey
	Postcode CR7 8BQ

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)
1	Comfort Eshun			
2	Mary Oduro			
3	Marian Bruce-Appiah			
4				
5				
6				
7				
8				
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10				
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12				
13				
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17				
18				
19				
20				

Names of the trustees for the charity, if any, (for example, any custodian trustees)

Name	Dates acted if not for whole year

Names and addresses of advisers (Optional information)

Type of adviser	Name	Address

Name of chief executive or names of senior staff members (Optional information)

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Section B Structure, governance and management

Description of the charity's trusts

Type of governing document
(eg. trust deed, constitution)

Constitution

How the charity is constituted
(eg. trust, association, company)

Trust

Trustee selection methods
(eg. appointed by, elected by)

Appointment

Additional governance issues (Optional information)

You **may choose** to include additional information, where relevant, about:

- policies and procedures adopted for the induction and training of trustees;
- the charity's organisational structure and any wider network with which the charity works;
- relationship with any related parties;
- trustees' consideration of major risks and the system and procedures to manage them.

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Section C Objectives and activities

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

To advance health including the prevention or relief of sickness, diseases or human suffering as well as promotion of healthy life style in London and beyond.

Organise series of public engagement programmes to educate and sensitise BAME people on life style behaviours and raising awareness on the dangers of hypertension affecting our health.

These programs includes organising public exercise sessions and having health talks and presentation in the community.

Summary of the main activities undertaken for the public benefit in relation to these objects (include within this section the statutory declaration that trustees have had regard to the guidance issued by the Charity Commission on public benefit)

Additional details of objectives and activities (Optional information)

You **may choose** to include further statements, where relevant, about:

- policy on grantmaking;
- policy programme related investment;
- contribution made by volunteers.

Summary of the main achievements of the charity during the year

Have helped promoted healthy lifestyles in the community

Disseminated information on Hypertension and other heart related diseases.

Worked with dieticians and other medical personnels to promote healthy eating by providing information on food and their impact on the heart other organs.

In some instances we have help pointed people to the right direction as where they can seek specific help in specific situations.

Encouraged people already on medication to take them regularly.

Section E

Financial review

Brief statement of the charity's policy on reserves

All unused funds must be held in the Charity's main bank account. As at 30/09/2023 the charity had £8,155 in the account.

Details of any funds materially in deficit

N/A

Further financial review details (Optional information)

You **may choose** to include additional information, where relevant about:

- the charity's principal sources of funds (including any fundraising);
- how expenditure has supported the key objectives of the charity;
- investment policy and objectives including any ethical investment policy adopted.

Section F

Other optional information

Section G

Declaration

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

Signature(s)	Comfort Eshun	
Full name(s)	Comfort Eshun	
Position (eg Secretary, Chair, etc)	Chair	
Date	18/09/2024	



CHARITY COMMISSION
FOR ENGLAND AND WALES

Charity Name	No (if any)
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Receipts and payments accounts

CC16a

For the period from	Period start date 10/1/2022	To	Period end date 9/30/2023
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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 £
A1 Receipts					
Received From Nation Lotteries	10,000	-	-	10,000	-
Received From Trustee(Chair)	10	-	-	10	-
Cash at Bank	19	-	-	19	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total(Gross income for AR)	10,029	-	-	10,029	-
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	10,029	-	-	10,029	-
A3 Payments					
Consultation fee	1,245	-	-	1,245	-
Hall Rental	400	-	-	400	-
Internet Host Fees	79	-	-	79	-
Paid in Error-(corrected on 29/07/2024)	150	-	-	150	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total	1,874	-	-	1,874	-
A4 Asset and investment purchases, (see table)					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	1,874	-	-	1,874	-
Net of receipts/(payments)	8,155	-	-	8,155	-
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	-	-	-	-	-
Cash funds this year end	8,155	-	-	8,155	-

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		-	-	-
		-	-	-
		-	-	-
	Total cash funds	-	-	-
	(agree balances with receipts and payments account(s))	Agreement Error	OK	OK
B2 Other monetary assets	Details	-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
B3 Investment assets	Details	-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
B4 Assets retained for the charity's own use	Details	-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
B5 Liabilities	Details	-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
Signed by one or two trustees on behalf of all the trustees	Signature	Print Name	Date of approval	
	Comfort Eshun	Comfort Eshun	9/18/2024	

CAY HEALTH FOUNDATION

England & Wales - Charity number 1177163

Accounts



Trustees' Annual Report for the period

From	Period start date			To	Period end date		
	Day 01	Month 10	Year 2021		Day 30	Month 09	Year 2022

Section A Reference and administration details

Charity name CAY Health foundation

Other names charity is known by

Registered charity number (if any) 1177163

Charity's principal address
 69 Highbury Avenue
 Thornton Heath
 Postcode CR7 8BQ

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)
1	Comfort Eshun			
2	Mary Oduro			
3	Marian Bruce-Appiah			
4				
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17				
18				
19				
20				

Names of the trustees for the charity, if any, (for example, any custodian trustees)

Name	Dates acted if not for whole year
Comfort Eshun	
Mary Oduro	
Marian Bruce-Appiah	

Names and addresses of advisers (Optional information)

Type of adviser	Name	Address

Name of chief executive or names of senior staff members (Optional information)

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Section B Structure, governance and management

Description of the charity's trusts

Type of governing document
(eg. trust deed, constitution)

Constitution

How the charity is constituted
(eg. trust, association, company)

Trust

Trustee selection methods
(eg. appointed by, elected by)

Appointment

Additional governance issues (Optional information)

You **may choose** to include additional information, where relevant, about:

- policies and procedures adopted for the induction and training of trustees;
- the charity's organisational structure and any wider network with which the charity works;
- relationship with any related parties;
- trustees' consideration of major risks and the system and procedures to manage them.

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Section C Objectives and activities

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

To advance health including the prevention or relief of sickness, diseases or human suffering as well as promotion of healthy life style in London and beyond.

N/A – no activity was carried out during this financial year.

Summary of the main activities undertaken for the public benefit in relation to these objects (include within this section the statutory declaration that trustees have had regard to the guidance issued by the Charity Commission on public benefit)

Additional details of objectives and activities (Optional information)

You **may choose** to include further statements, where relevant, about:

- policy on grantmaking;
- policy programme related investment;
- contribution made by volunteers.

Summary of the main achievements of the charity during the year

N/A

Section E**Financial review****Brief statement of the charity's policy on reserves**

All un-used funds shall be carried over to the following year. However, this year there was none.

Details of any funds materially in deficit**Further financial review details (Optional information)**

You **may choose** to include additional information, where relevant about:

- the charity's principal sources of funds (including any fundraising);
- how expenditure has supported the key objectives of the charity;
- investment policy and objectives including any ethical investment policy adopted.

Section F**Other optional information****Section G****Declaration**

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

Signature(s)	Comfort Eshun	
Full name(s)	Comfort Eshun	
Position (eg Secretary, Chair, etc)	Chair	
Date	03/08/2023	



CHARITY COMMISSION
FOR ENGLAND AND WALES

Charity Name	No (if any)
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Receipts and payments accounts

CC16a

For the period from	Period start date 10/1/2021	To	Period end date 9/30/2022
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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 £
A1 Receipts					
	-	-	-	-	1
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total (Gross income for AR)	-	-	-	-	1
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	-	-	-	-	1
A3 Payments					
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
A4 Asset and investment purchases, (see table)					
	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	-	-	-	-	-
Net of receipts/(payments)	-	-	-	-	1
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	-	-	-	-	-
Cash funds this year end	-	-	-	-	1

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		-	-	-
		-	-	-
		-	-	-
	Total cash funds	-	-	-
	(agree balances with receipts and payments account(s))	OK	OK	OK
B2 Other monetary assets	Details	to nearest £	to nearest £	to nearest £
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
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 asset belongs	Cost (optional)	Current value (optional)
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
B5 Liabilities	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
			-	
			-	
			-	
			-	
Signed by one or two trustees on behalf of all the trustees	Signature	Print Name	Date of approval	

CAY HEALTH FOUNDATION

England & Wales - Charity number 1177163

Accounts



Trustees' Annual Report for the period

From	Period start date			To	Period end date		
	Day	Month	Year		Day	Month	Year

Section A Reference and administration details

Charity name	Charlotte Adjoa Yeboah Foundation		
Other names charity is known by	CAY Health Foundation		
Registered charity number (if any)	1177163		
Charity's principal address	69 Highbury Avenue		
	Thornton Heath		
	Surrey		
	Postcode	CR7 8BQ	

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)
1	Mary Oduro	Trustee		
2	Marian Bruce-Appiah	Trustee		
3	Comfort Eshun	Chair		
4				
5				
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18				
19				
20				

Names of the trustees for the charity, if any, (for example, any custodian trustees)

Name	Dates acted if not for whole year

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Names and addresses of advisers (Optional information)

Type of adviser	Name	Address

Name of chief executive or names of senior staff members (Optional information)

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Section B Structure, governance and management

Description of the charity's trusts

Type of governing document (eg. trust deed, constitution)	Constitution
How the charity is constituted (eg. trust, association, company)	Trust
Trustee selection methods (eg. appointed by, elected by)	Appointed Chair

Additional governance issues (Optional information)

You **may choose** to include additional information, where relevant, about:

- policies and procedures adopted for the induction and training of trustees;
- the charity's organisational structure and any wider network with which the charity works;
- relationship with any related parties;
- trustees' consideration of major risks and the system and procedures to manage them.

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Section C Objectives and activities

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

To advance health including the prevention or relief of sickness, disease or human suffering, as well as promotion of healthy life styles in London and beyond

Summary of the main activities undertaken for the public benefit in relation to these objects (include within this section the statutory declaration that trustees have had regard to the guidance issued by the Charity Commission on public benefit)

Activities were shelved due to the covid-19 pandemic.

Additional details of objectives and activities (Optional information)

You **may choose** to include further statements, where relevant, about:

- policy on grantmaking;
- policy programme related investment;
- contribution made by volunteers.

Section D

Achievements and performance

Section D **Achievements and performance**

Summary of the main achievements of the charity during the year

N/A

Section E **Financial review**

Brief statement of the charity's policy on reserves

All reserves must be held in the charities main bank account.

Details of any funds materially in deficit

N/A

Further financial review details (Optional information)

You **may choose** to include additional information, where relevant about:

- the charity's principal sources of funds (including any fundraising);
- how expenditure has supported the key objectives of the charity;
- investment policy and objectives including any ethical investment policy adopted.

Section F Other optional information

Section G Declaration

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

Signature(s)	Comfort Eshun	
Full name(s)	Comfort Eshun	
Position (eg Secretary, Chair, etc)	Chair	
Date	19/08/2022	



CHARITY COMMISSION
FOR ENGLAND AND WALES

Charity Name CAY Health Foundation	No (if any) 1177163
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Receipts and payments accounts

For the period from	Period start date 10/1/2020	To	Period end date 9/30/2021
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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 £
A1 Receipts				
	-	-	-	-
	-	-	-	-
	-	-	-	-
	-	-	-	-
	-	-	-	-
	-	-	-	-
	-	-	-	-
	-	-	-	-
Sub total (Gross income for AR)	-	-	-	-
A2 Asset and investment sales, (see table).				
	-	-	-	-
	-	-	-	-
Sub total	-	-	-	-
Total receipts	-	-	-	-
A3 Payments				
	-	-	-	-
	-	-	-	-
	-	-	-	-
	-	-	-	-
	-	-	-	-
	-	-	-	-
	-	-	-	-
	-	-	-	-
Sub total	-	-	-	-
A4 Asset and investment purchases, (see table)				
	-	-	-	-
	-	-	-	-
Sub total	-	-	-	-
Total payments	-	-	-	-
Net of receipts/(payments)	-	-	-	-
A5 Transfers between funds	-	-	-	-
A6 Cash funds last year end	-	-	-	-
Cash funds this year end	-	-	-	-

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

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £
B1 Cash funds		19	-
		-	-
		-	-
	Total cash funds	19	-
	(agree balances with receipts and payments account(s))	Agreement Error	OK

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

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

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

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

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

Signature	Print Name
Comfort Eshun	Comfort Eshun

CC16a



Last year

to the nearest £

	20
	-
	-
	-
	-
	-
	-
	-
	-
	20

	-
	-

	20
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	-
	-
	-
	-
	-
	-
	-

	-

	-
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	20
	-
	-
	20



**Endowment funds
to nearest £**

-
-
-
-

OK

**Endowment funds
to nearest £**

-
-
-
-
-
-

**Current value
(optional)**

-
-
-
-
-

**Current value
(optional)**

-
-
-
-
-
-
-
-
-
-

**When due
(optional)**

Date of approval

8/19/2022

CAY HEALTH FOUNDATION

England & Wales - Charity number 1177163

Accounts



Trustees' Annual Report for the period

From	Period start date			To	Period end date		
	Day 01	Month 10	Year 2019		Day 30	Month 09	Year 2020

Section A Reference and administration details

Charity name

CAY Health Foundation

Other names charity is known by

Charlotte Adjoa Yeboah Health Foundation

Registered charity number (if any)

1177163

Charity's principal address

92 Bensham Grove
 Thornton Heath
 Surrey
Postcode CR7 8DB

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)
1	Mary Oduro	Trustee		
2	Marian Bruce-Appiah	Trustee		
3	Comfort Eshun	Chair		
4				
5				
6				
7				
8				
9				
10				
11				
12				
13				
14				
15				
16				
17				
18				
19				
20				

Names of the trustees for the charity, if any, (for example, any custodian trustees)

Name	Dates acted if not for whole year

Names and addresses of advisers (Optional information)

Type of adviser	Name	Address

Name of chief executive or names of senior staff members (Optional information)

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Section B Structure, governance and management

Description of the charity's trusts

Type of governing document (eg. trust deed, constitution)	Constitution
How the charity is constituted (eg. trust, association, company)	Trust
Trustee selection methods (eg. appointed by, elected by)	Appointed Chair

Additional governance issues (Optional information)

You **may choose** to include additional information, where relevant, about:

- policies and procedures adopted for the induction and training of trustees;
- the charity's organisational structure and any wider network with which the charity works;
- relationship with any related parties;
- trustees' consideration of major risks and the system and procedures to manage them.

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Section C Objectives and activities

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

To advance health including the prevention or relief of sickness disease or human suffering, as well as promotion of healthy life styles in London and beyond.

Activities were shelved due to the covid-19 pandemic.

Summary of the main activities undertaken for the public benefit in relation to these objects (include within this section the statutory declaration that trustees have had regard to the guidance issued by the Charity Commission on public benefit)

Additional details of objectives and activities (Optional information)

You **may choose** to include further statements, where relevant, about:

- policy on grantmaking;
- policy programme related investment;
- contribution made by volunteers.

Summary of the main achievements of the charity during the year

N/A

Section E Financial review

Brief statement of the charity's policy on reserves

All reserves must be held in the charities main bank account.

Details of any funds materially in deficit

N/A

Further financial review details (Optional information)

You **may choose** to include additional information, where relevant about:

- the charity's principal sources of funds (including any fundraising);
- how expenditure has supported the key objectives of the charity;
- investment policy and objectives including any ethical investment policy adopted.

Section F Other optional information

Section G Declaration

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

Signature(s)	Comfort Eshun	
Full name(s)	Comfort Eshun	
Position (eg Secretary, Chair, etc)	Chair	
Date	27/08/2021	



CHARITY COMMISSION
FOR ENGLAND AND WALES

Charity Name CAY Health Foundation	No (if any) 1177163
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Receipts and payments accounts

For the period from	Period start date 10/1/2019	To	Period end date 9/30/2020
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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 £
A1 Receipts				
Refund from Bankers	20	-	-	20
	-	-	-	-
	-	-	-	-
	-	-	-	-
	-	-	-	-
	-	-	-	-
	-	-	-	-
Sub total (Gross income for AR)	20	-	-	20
A2 Asset and investment sales, (see table).				
	-	-	-	-
	-	-	-	-
Sub total	-	-	-	-
Total receipts	20	-	-	20
A3 Payments				
Telephone	7	-	-	7
Bank Charges	5	-	-	5
Telephone	6	-	-	6
	-	-	-	-
	-	-	-	-
	-	-	-	-
	-	-	-	-
	-	-	-	-
Sub total	18	-	-	18
A4 Asset and investment purchases, (see table)				
	-	-	-	-
	-	-	-	-
Sub total	-	-	-	-
Total payments	18	-	-	18
Net of receipts/(payments)	2	-	-	2
A5 Transfers between funds	-	-	-	-
A6 Cash funds last year end	-	-	-	-
Cash funds this year end	2	-	-	2

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

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £
B1 Cash funds		-	-
		-	-
		-	-
	Total cash funds	-	-
	(agree balances with receipts and payments account(s))	Agreement Error	OK

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

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

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

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

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

Signature	Print Name
C Eshun	Comfort Eshun

CC16a

Last year
to the nearest £

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**Endowment funds
to nearest £**

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-

OK

**Endowment funds
to nearest £**

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**Current value
(optional)**

-
-
-
-
-

**Current value
(optional)**

-
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**When due
(optional)**

Date of approval

8/27/2021