



Trustees' Annual Report for the period

	Period start date				Period end date		
From	01	10	2023	To	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			
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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.

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)

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.

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 01/10/2023	To	Period end date 30/09/2024
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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	-	-	-	-	-
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			
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
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	