

# **Longlife Foundation**

Trustees' report and financial statement  
for the year ended 30 November 2020

Charity No: 1183480

**Longlife Foundation**  
**Financial statements for the year ended 30 November 2020**

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# **Longlife Foundation**

Trustees' report and financial statement  
for the year ended 30 November 2020

Charity No: 1183480

**Longlife Foundation Report of the trustee for the year ended 30 November 2020**

The trustees present its report and financial statements for the year ended 30 November 2020.

**Legal and administrative information**

**Charity name:** Longlife Foundation

**Charity registration number:** 1183480

**Registered office and operational address:**

34 Giffordside  
Grays  
RM16 4JA

<b>Trustees:</b>	Chika Constantine
	Emeka Anyaegbu
	Chibueze Anyaegbu

<b>Accountants:</b>	NBS Charity Consultant
	Suite 124, Island
	Business Center,
	18-36 Wellington
	Street, Woolwich,
	London SE18 6PF

## **Our aims and objectives**

### **Purposes and aims**

The objects of the charity:

To promote and protect the good health of individuals, groups, carers and families living with dementia and mental health in the UK and Nigeria, in particular but not exclusively Africans and ethnic groups through the following support to help change mind sets to reduce stigma, attitudes and perception:-

- raising awareness of dementia and mental health;
- helping individuals to access information for well-being and social advancement in all stages of life, through health promotion, education, training and advocacy;
- delivering free management advice and group seminars for sufferers and their carers;
- delivering free medical health advice for people living with dementia;
- organising health seminars and outreach projects for the general public on health; and providing necessary health material for the under privileged in the society with a view to improving their wellbeing.

### **Ensuring our work delivers our aims**

We review our aims, objectives and activities each year. This review looks at what we achieved and the outcomes of our work in the previous 12 months. The review looks at the success of each key activity and the benefits they have brought to those groups of people we are set up to help.

The review also helps us ensure our aims, objectives and activities remain focused on our stated purposes. We have referred to the guidance contained in the Charity Commission's general guidance on public benefit when reviewing our aim and objectives and in planning our future activities. In particular, the trustees consider how planned activities will contribute to the aims and objectives they have set.

### **The focus of our work**

We continue to provide services for people affected by dementia, their families and cares, we also help individuals identify other mental health issues such as anxiety, depression etc., this is because in African communities mental health issues is still been seen as a stigma and most people find it difficult to come out openly to talk about it.

In Nigeria, LongLife Foundation continues to address mental health and dementia by changing mind sets of people towards mental health and dementia by raising awareness, providing educational materials and sessions, outreach projects in the rural and urban areas. This is achieved by working closely with other small grassroots groups, community leaders and religious organisations. These groups are responsible for monitoring the progress, success and outcome of the programmes run in Nigeria with the support of volunteers. We are currently working with Doctors who are willing to volunteer their time abroad at no cost to our charity. They are willing to offer training to local thereby training the trainer. LongLife Foundation continues to provide all the necessary resources and materials needed for sessions and also train volunteers within the organisations.

**Members of the board of trustees**

Members of the Board of Trustees, and trustees for the purpose of charity law, who served during the year and up to the date of this report are set out on page 1.

In accordance with charity law, as trustees, we certify that:

So far as we are aware, there is no relevant information of which the company's accountants are unaware; and as the trustees of the charity we have taken all steps that we ought to have taken in order to make ourselves aware of any relevant information and to establish that the Charity's accountants are aware of that information.

This report has been prepared,

By order of trustees:

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**Chika Constantine**  
**Chairman Trustees**



**Longlife Foundation**  
**Statement of financial activities (including Income and expenditure account)**  
**for the year ended 30 November 2020**

				2020
	Notes	Unrestricted Funds	Restricted Funds	Total Funds
		£	£	£
Incoming resources				
Incoming resources from generated funds:				
Voluntary income:				



Donations		1,900		<b>1,900</b>
		-	-	-
Gift aid		-	-	-
<b>Total incoming resources</b>		<b>1, 900</b>	<b>-</b>	<b>1, 900</b>
<b>Resources expended</b>	<b>Cost of</b>			
<b>generating funds:</b>				
Costs of generating voluntary income	3	1,200	-	1,200
Charitable activities	4	500	-	500
Governance costs	5	150	-	150
<b>Total resources expended</b>		<b>1,850</b>	<b>-</b>	<b>1,850</b>
<b>Net incoming resources before other recognized gains</b>				
Funds brought forward		50	-	50
		-	-	-
<b>Total funds carried forward</b>		<b>50</b>	<b>-</b>	<b>50</b>

The statement of financial activities includes all gains and losses in the year. All incoming resources and expended derive from continuing activities.