

HEALTH EMPOWERMENT PROJECT CIO

England & Wales · Charity number 1187655

Details

Other names HEP

Status Registered

Legal form CIO

Registered 2020-01-30

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

Contact

Address Manor House
23 Robin Lane
Pudsey
West Yorkshire
LS28 7BR

Phone 07791 415566

Email lisa.francis6@nhs.net

Activities

Objects: (1)TO ADVANCE HEALTH (BOTH PHYSICAL AND MENTAL) IN LEEDS AND THE SURROUNDING AREAS BY (WITHOUT LIMITATION):(A) RECRUITING, SUPPORTING AND MANAGING COMMUNITY HEALTH CHAMPIONS TO ADVANCE HEALTH;(B) ORGANISING SELF-HELP GROUPS WHICH PROMOTE THE ADVANCEMENT OF HEALTH AND THE PREVENTION OF ILL-HEALTH; AND(C) WORKING IN PARTNERSHIP WITH OTHER ENTITIES (STATUTORY, CHARITABLE AND OTHER) TO ORGANISE EVENTS TO PROMOTE THE ADVANCEMENT OF HEALTH AND THE PREVENTION OF ILL-HEALTH.(2)TO ADVANCE EDUCATION BY (WITHOUT LIMITATION) RAISING AWARENESS IN RESPECT OF THE IMPORTANCE AND ATTAINMENT OF GOOD HEALTH AND THE PREVENTION OF ILL-HEALTH.

Activities: Offer peer support and other services for the local population in Pudsey/Bramley to tackle health inequalities and promote health and wellbeing.

Classification

- **How:** Provides Buildings/facilities/open Space, Provides Services, Provides Advocacy/advice/information
- **What:** Education/training, The Advancement Of Health Or Saving Of Lives
- **Who:** The General Public/mankind

Geography

- Leeds City

Finances

Period end	Income	Expenditure	Assets	Employees
2025-03-31		£0	£0	-
2024-03-31	£1,000	£770		-
2023-03-31	£3,137	£209		-
2022-03-31	£5	£0		-
2021-03-31	£5	£0		-

Trustees

Name	Role	Appointed
Alison Stewart		2020-01-31
Dr John Peter Giles Keene		2020-01-31
Lisa Francis		2025-11-01
Richard Phillip Dyson		2020-01-31

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Assumed year end balance up to £4099.62 credit???

No records available

Date	Income	Expenditure	Source
1/2/2023	£3,137.00		The Brelms Trust CIO Year 1 Grant
1/11/2023		£60.00	Cash withdrawal Pudsey Halifax BS
1/12/2023		£2.00	ATM Fee, Pudsey Halifax BS
2/3/2023		£24.89	Refreshments for group, B & M
2/6/2023		£121.53	Amazon

Closing balance March 2023

Balance carried forward
£4099.62 credit

£6257.95 credit

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5/17/2023		20.00	Cash withdrawal Pudsey Halifax BS
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5/20/2023		26.49	Amazon
5/22/2023		40.08	Amazon
5/25/2023		120.00	(cheque 001?)
5/25/2023		180.00	(cheque 002?)
5/25/2023		6.89	Refreshments for group, B & M
6/5/2023		42.00	Calverley Church room rent for group
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9/22/2023	1000.00		Touchstone funding Pain Group

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Balance carried forward on bank statement
£6257.95 credit

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Assumed year end balance between £7257.95 and £6750.12

No records available

£6750.12 is what was transferred by Cashplus Bank into our new Virgin Money account

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**Transfer of funds
from CashPlus Bank
into Virgin Money
£6750.12 2nd October 2025**

Date	Date	Expenditure	Source
10/2/2025	6750.12		transfer from Cashplus Bank
10/9/2025		3904.83	historic room rent reimbursement to WLPCN Ltd
10/16/2025		23.80	Room rent St James Church Group
11/3/2025		500.00	loan to WLPCN Ltd
11/14/2025	500		repayment from WLPCN Ltd

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Report of the Directors for the year ended Feb 2022

The directors are pleased to present their report and financial statements for the year ended Feb 2022

Reference and Administrative information

Charitable Company Name HEALTH EMPOWERMENT PROJECT CIO

Registered Office Hillfoot Surgery

Status

Registered with the Charity Commission England & Wales
number 1187655

Trustees/Directors

The trustees who served during the year were:-

- (a) Dr John Peter Giles Keene;
- (b) Mr Richard Phillip Dyson;
- (c) Dr Cathryne Anne Sisson Brownlee; and
- (d) Mrs Alison Stewart.

None of the Directors has any beneficial interest in the Charity and all served without remuneration in their capacity as Directors.

Health Empowerment Project CIO
Report of the Directors for the year ended Feb 2022

Structure, Governance and Management

The Articles of Association

The charity is a registered charitable company and our articles are available for public viewing.

Organisational Structure

The charitable company is governed by the Trustees listed.

All significant financial decisions are taken with the approval of the majority of trustees of the charity.

We have articles to prevent trustees being remunerated and have regular conflicts of interest declarations.

Recruitment and Appointment of Trustees

This is currently not needed as we have enough but the articles have the description on who is appropriate and what the process is for appointing new trustees.

Trustees' Induction and Training

Following proposal to the current trustees any new trustee proposed will be vetted to ensure that the person proposed meets the qualifications set out in Companies House and the Articles of Association. Following election by the remaining trustees, training and induction of new Trustees is overseen by the existing Trustees, who may delegate certain elements of the induction process to others.

Risk Management

The Directors/Trustees have examined the major strategic and operational risks which the Charitable Company faces and confirm that systems have been established to monitor those risks so that the necessary steps can be taken to lessen them.

What the charity does:

- Education/training
- The Advancement Of Health Or Saving Of Lives

Who the charity helps:

- The General Public/mankind

How the charity helps:

- Provides Buildings/facilities/open Space
- Provides Services
- Provides Advocacy/advice/information

Where the charity operates:

- Leeds City

Objectives:

(1) To advance health (both physical and mental) in Leeds and the surrounding areas by (without limitation):

(a) recruiting, supporting and managing Community Health Champions to advance health;

(b) organising self-help groups which promote the advancement of health and the prevention of ill-health; and

(c) working in partnership with other entities (statutory, charitable and other) to organise events to promote the advancement of health and the prevention of ill-health.

(2) To advance education by (without limitation) raising awareness in respect of the importance and attainment of good health and the prevention of ill-health.

ANNUAL REVIEW OF ACTIVITIES 2021-2022

The following outreach have been developed during the financial year ending Feb 2022.

- Diabetes Peer Group
This has been done in virtual meetings during lock down and has restarted in Feb 2022 with face to face meetings in the Lux café.
- Chit chat group
There are now 2 Chit Chat groups, one held in Calverley at the Methodist Church on the 4th Tuesday of each month and the Pudsey group at St James The Great on the 2nd Tuesday of each month.
- Mums and Tots minor illness training. This was completed online in September 2021.
We have been successful in receiving £500 funding from Magic Little Grants to set up a mums and baby group in the local area. We have also been successful in securing just under £1000 for the Pudsey Chit Chat Group. A report is due on this in 12 months in terms of what the funding has been spent on and how it has benefited the local community

Financial Review

Principle Funding Source

The Charity funding is primarily focused on small application for charity bids and spending the money directly on the projects. The overheads are very low and trustees and volunteers are donating their time free of charge. In 2021/2022 the charity has had limited capacity for bid writing. We have however won a small charity bid for next financial year.