

Report of the Trustees and
Unaudited Financial Statements
for the Year Ended 31 March 2023
for
Thelma Matilda Alves Foundation

A J Bennewith
FCA, FCPA, FFA, FFTA, FIPA, DChA, FRSA
3 Wey Court
Mary Road
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GU1 4QU

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for the Year Ended 31 March 2023

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Reference and Administrative Details
for the Year Ended 31 March 2023

TRUSTEES	J Brown Chair I V Chalmers Vice chair V Govindan I Orhiunu
PRINCIPAL ADDRESS	63 Churchill Road Uxbridge UB10 0FN
REGISTERED CHARITY NUMBER	1192780
INDEPENDENT EXAMINER	A J Bennewith FCA, FCPA, FFA, FFTA, FIPA, DChA, FRSA 3 Wey Court Mary Road Guildford Surrey GU1 4QU
BANKER	HSBC 28 High St Uxbridge UB8 1JN

Letter from Chief Executive Officer
for the Year Ended 31 March 2023

Dear supporters,

As we reflect on the past year, I am filled with gratitude and pride for the journey we have undertaken together at Thelma Matilda Alves Foundation. This year has been a pivotal one for our organisation, marking our second operational year and bringing forth both challenges and triumphs.

In our ongoing commitment to uplift the mental health of Black women, we have dedicated significant efforts to forge partnerships with other Black-led charities. Collaboration has always been at the heart of our mission, and this year, we have expanded our network, creating synergies that amplify our impact. These partnerships have not only broadened our reach but have also fostered a sense of unity within the community we serve.

One of the cornerstones of our success this year has been the growth of our volunteer base. The dedication and passion of our volunteers have been the driving force behind our ability to make a meaningful difference. Their tireless efforts have allowed us to extend our services and support to even more individuals in need.

I am thrilled to announce a significant addition to our team, Safeena Aslam, who has joined us as the Project Manager for our ground-breaking counselling sponsorship scheme. Safeena brings a wealth of experience and a deep understanding of the nuances surrounding mental health in our community. With her support, we are confident that our counselling sponsorship scheme will not only provide vital support but also become a beacon of hope for those navigating the complexities of mental health challenges.

Looking ahead, our vision is unwavering, and our commitment to empowering Black women on their mental health journeys remains steadfast. The challenges we face only fuel our determination to make a lasting impact, and with your continued support, I am confident that we will continue to break barriers and create a brighter future for those we serve.

Thank you for standing by us on this incredible journey.

With gratitude,

Rayann Bryan
Chief Executive Officer and Founder

Letter from Chair of the board
for the Year Ended 31 March 2023

This year we continued to face challenges as part of the charity sector due to the cost of living crisis and reduction in available funding.

Despite challenges, we have been successful in obtaining funding from a variety of sources which has enabled us to design and deliver a range of event and programmes in line with our strategic objectives and vision.

Our partnership with other organisations has increased which has enabled us to reach and support black women in the intersectionality space. We have successfully introduced a monthly support group for black mothers which has not only enabled them to share their experience of mental health, network with other women in similar situations but has also provided them with helpful tools.

We have had a focus on spirituality, faith and mental health, a session whereby women could further share their experiences in a safe space.

We launched our Counselling sponsorship scheme to aid more black women to access private counselling, enabling them to receive support at an earlier stage. It has been a great year and I am proud of both the progress and impact that Thelma Matilda Alves Foundation has had in the lives of many black women.

I thank my fellow board members for their dedication and service and also acknowledge the dedication and extremely hard work of our Chief Executive, staff and volunteers.

I would also like to thank our funders who make it possible to deliver our services.

Jennifer Brown
Chair of the board

Report of the Trustees
for the Year Ended 31 March 2023

The trustees present their report with the financial statements of the charity for the year ended 31 March 2023. The trustees have adopted the provisions of Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019).

OBJECTIVES AND ACTIVITIES

The charity's objectives are to preserve and protect the mental and emotional health of women of African/Caribbean descent. Also, advance the education for the public benefit among mental health practitioners and women of African/Caribbean descent who have an interest in mental health.

We aim to do this through:

- a) the provision of training, workshops, events, and resources designed to aid understanding of how mental health manifests in women of African/Caribbean descent and their experience of accessing mental healthcare services and to support the delivery of appropriate mental healthcare services for them;
- b) the provision of bursaries and awards to support women of African/Caribbean descent who are studying for professional qualifications to enable them to become mental health practitioners; and
- c) providing mental health resources, including, where appropriate, access to professional counselling.

Our programmes and activities that we deliver enable us to achieve our objectives through a series of online workshops and sessions designed and facilitated by mental health professionals on a range of topics concerning women of African/Caribbean descent mental health.

Vision - In Britain, women of African and Caribbean descent receive adequate and effective mental health and wellbeing care.

Mission - Transforming the mental health sector in Britain to improve the understanding of women of Africa/Caribbean mental health. By increasing the knowledge of mental health professionals, increasing the number of women of African/Caribbean descent mental health professionals, centring the community's opinions and experiences in mental health programme designs, and improving access to mental health and wellbeing care.

Values - Respect, collaboration, accountability, courage, integrity.

Report of the Trustees
for the Year Ended 31 March 2023

ACHIEVEMENT AND PERFORMANCE

The period of April 2022 to March 2023 was our second operational financial period for the charity. This year, we have worked hard to increase the capacity of the organisation and launch new services to support Black women across England.

1. **Counselling Sponsorship Scheme:** We successfully launched our innovative Counselling Sponsorship Scheme, providing a total of 15 hours of free counselling to five Black women in London facing financial constraints. This initiative aims to bridge the gap in mental health access and support for those from low-income backgrounds.
2. **Welcoming Safeena Aslam as Project Manager:** We are proud to announce the addition of Safeena Aslam to our team as the Project Manager for our counselling sponsorship scheme. Safeena's expertise and commitment to mental health advocacy bring invaluable leadership to this critical initiative.
3. **Hosted Ten Mental Well-being Workshops:** Throughout the year, we organised and conducted ten engaging mental well-being workshops, attracting over 100 attendees. These workshops served as a platform to foster open discussions, share coping strategies, and promote overall mental health awareness within our community.
4. **Collaboration with ADHD Babes:** We forged a meaningful partnership with ADHD Babes, culminating in the successful delivery of our first ADHD and Mental Health Discussion Panel. This collaboration allowed us to broaden our scope and address intersectional aspects of mental health, reaching a diverse audience and promoting inclusivity.
5. **Expansion of Volunteer Team:** Strengthening our foundation for impact, we welcomed seven new volunteers to our team. These individuals bring diverse skills and perspectives, enhancing our ability to serve the community effectively. Their dedication is instrumental in propelling our mission forward.

These accomplishments underscore our commitment to advancing mental health support for Black women, breaking down barriers, and creating a more inclusive and resilient community. We are grateful for the collaborative efforts of our team, partners, and supporters in achieving these milestones.

FINANCIAL REVIEW

Financial position

Income this year was £25,116 (2022: £14,195) with an expenditure of £15,406 (2022: £11,322) giving a surplus of £9,710 (2022: £2,873). The surplus was a result of donations by beneficiaries, crowdfunding and some successful funding applications.

Reserves policy

The target range is set at 3- 6 months of our expenditure. The Board of Trustees considers that this target range provides flexibility in the context of operations of our organisation.

Report of the Trustees
for the Year Ended 31 March 2023

STRUCTURE, GOVERNANCE AND MANAGEMENT

The Thelma Matilda Alves Foundation is governed by a constitution dated 12th December 2020. Under this document, the charity is registered and operates as a CIO and has the power to do anything which is calculated to further its objects or is conducive or incidental to doing so. The charity trustees shall manage the affairs of the CIO and may for that purpose exercise all the powers of the CIO. Moreover, the charity trustees may delegate any of their powers or functions to the Chair of the Trustee Board, an employee, a committee or committees, and, if they do, they shall determine the terms and conditions on which the delegation is made.

Trustee recruitment and appointment

Under the constitution, trustees must be a natural person.

(a) No individual may be appointed as a charity trustee of the CIO:

- if he or she is under the age of 18 years; or
- if he or she would automatically cease to hold office under the provisions of clause 12(1)(e).

(b) No one is entitled to act as a charity trustee whether on appointment or on any re-appointment until he or she has expressly acknowledged, in whatever way the charity trustees decide, his or her acceptance of the office of charity trustee.

(c) At least one of the trustees of the CIO must be 18 years of age or over. If there is no trustee aged at least 18 years, the remaining trustees may only act to call a meeting of the charity trustees or appoint a new charity trustee.

The trustees who served during the year were:

Jennifer Brown
Ifeoma Orhiunu
Vijaya Govindan
Ivana Vasic Chalmers

Approved by order of the board of trustees on and signed on its behalf by:

.....
J Brown - Trustee

Independent Examiner's Report to the Trustees of
Thelma Matilda Alves Foundation

Independent examiner's report to the trustees of Thelma Matilda Alves Foundation

I report to the charity trustees on my examination of the accounts of Thelma Matilda Alves Foundation (the Trust) for the year ended 31 March 2023.

Responsibilities and basis of report

As the charity trustees of the Trust you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ('the Act').

I report in respect of my examination of the Trust's accounts carried out under Section 145 of the Act and in carrying out my examination I have followed all applicable Directions given by the Charity Commission under Section 145(5)(b) of the Act.

Independent examiner's statement

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:

1. accounting records were not kept in respect of the Trust as required by Section 130 of the Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a true and fair view which is not a matter considered as part of an independent examination.

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

.....

A J Bennewith
FCA, FCPA, FFA, FFTA, FIPA, DChA, FRSA
3 Wey Court
Mary Road
Guildford
Surrey
GU1 4QU

Date:

Statement of Financial Activities
for the Year Ended 31 March 2023

				Year Ended 31.3.23	Period 14.12.20 to 31.3.22
	Notes	Unrestricted fund £	Restricted funds £	Total funds £	Total funds £
INCOME AND ENDOWMENTS FROM					
Donations and legacies	2	341	24,775	25,116	14,195
EXPENDITURE ON					
Charitable activities					
Charitable expenditure		1,954	13,452	15,406	11,322
NET INCOME/(EXPENDITURE)		(1,613)	11,323	9,710	2,873
RECONCILIATION OF FUNDS					
Total funds brought forward		1,660	1,213	2,873	-
TOTAL FUNDS CARRIED FORWARD		47	12,536	12,583	2,873

The notes form part of these financial statements

Balance Sheet
31 March 2023

	Notes	Unrestricted fund £	Restricted funds £	31.3.23 Total funds £	31.3.22 Total funds £
CURRENT ASSETS					
Cash at bank		1,270	12,536	13,806	3,953
CREDITORS					
Amounts falling due within one year	6	(1,223)	-	(1,223)	(1,080)
NET CURRENT ASSETS		<u>47</u>	<u>12,536</u>	<u>12,583</u>	<u>2,873</u>
TOTAL ASSETS LESS CURRENT LIABILITIES		<u>47</u>	<u>12,536</u>	<u>12,583</u>	<u>2,873</u>
NET ASSETS		<u>47</u>	<u>12,536</u>	<u>12,583</u>	<u>2,873</u>
FUNDS	7				
Unrestricted funds:					
General fund				47	1,660
Restricted funds:					
The London Community Foundation Fund				-	1,213
WRC Funding				12	-
Postcode Society Trust				12,524	-
				<u>12,536</u>	<u>1,213</u>
TOTAL FUNDS				<u>12,583</u>	<u>2,873</u>

The financial statements were approved by the Board of Trustees and authorised for issue on
and were signed on its behalf by:

.....
J Brown - Trustee

Notes to the Financial Statements
for the Year Ended 31 March 2023

1. ACCOUNTING POLICIES

Basis of preparing the financial statements

The financial statements of the charity, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) 'Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Charities Act 2011. The financial statements have been prepared under the historical cost convention.

Income

All income is recognised in the Statement of Financial Activities once the charity has entitlement to the funds, it is probable that the income will be received and the amount can be measured reliably.

Expenditure

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

Taxation

The charity is exempt from tax on its charitable activities.

Fund accounting

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

Pension costs and other post-retirement benefits

The charity operates a defined contribution pension scheme. Contributions payable to the charity's pension scheme are charged to the Statement of Financial Activities in the period to which they relate.

2. DONATIONS AND LEGACIES

	Year Ended 31.3.23 £	Period 14.12.20 to 31.3.22 £
Donations	340	4,427
Grants	24,776	9,768
	<u>25,116</u>	<u>14,195</u>

Notes to the Financial Statements - continued
for the Year Ended 31 March 2023

2. DONATIONS AND LEGACIES - continued

The Greater London Authority Civil Society Incubator programme	-	2,008
The London Community Foundation	-	6,760
Albert Hunt Trust	-	1,000
WRC Funding	1,000	-
Postcode Society Trust	23,776	-
	<u>24,776</u>	<u>9,768</u>

3. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the year ended 31 March 2023 nor for the period ended 31 March 2022.

Trustees' expenses

During the year, the trustees incurred £110 (2022: £110) in relation to training.

4. STAFF COSTS

	2023	2022
	£	£
Salaries and wages	10,032	6,245
Social security	1,719	1,297
Pensions	165	124
	<u>11,916</u>	<u>7,666</u>

No employee received remuneration greater than £60,000 for the year ended 31 March 2023 nor for the period ended 31 March 2022.

The total average number of employees during the year was 2 (2022: £1).

5. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

	Unrestricted fund	Restricted funds	Total funds
	£	£	£
INCOME AND ENDOWMENTS FROM			
Donations and legacies	<u>5,427</u>	<u>8,768</u>	<u>14,195</u>
EXPENDITURE ON			
Charitable activities			
Charitable expenditure	<u>3,767</u>	<u>7,555</u>	<u>11,322</u>
NET INCOME	1,660	1,213	2,873

Notes to the Financial Statements - continued
for the Year Ended 31 March 2023

5. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES - continued

	Unrestricted fund £	Restricted funds £	Total funds £
	<u> </u>	<u> </u>	<u> </u>
TOTAL FUNDS CARRIED FORWARD	1,660	1,213	2,873
	<u> </u>	<u> </u>	<u> </u>

6. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	31.3.23 £	31.3.22 £
Taxation and social security	143	-
Other creditors	1,080	1,080
	<u> </u>	<u> </u>
	1,223	1,080
	<u> </u>	<u> </u>

7. MOVEMENT IN FUNDS

	At 1.4.22 £	Net movement in funds £	At 31.3.23 £
Unrestricted funds			
General fund	1,660	(1,613)	47
Restricted funds			
The London Community Foundation Fund	1,213	(1,213)	-
WRC Funding	-	12	12
Postcode Society Trust	-	12,524	12,524
	<u> </u>	<u> </u>	<u> </u>
	1,213	11,323	12,536
	<u> </u>	<u> </u>	<u> </u>
TOTAL FUNDS	2,873	9,710	12,583
	<u> </u>	<u> </u>	<u> </u>

Net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	341	(1,954)	(1,613)
Restricted funds			
The London Community Foundation Fund	-	(1,213)	(1,213)
WRC Funding	1,000	(988)	12
Postcode Society Trust	23,775	(11,251)	12,524
	<u> </u>	<u> </u>	<u> </u>
	24,775	(13,452)	11,323
	<u> </u>	<u> </u>	<u> </u>
TOTAL FUNDS	25,116	(15,406)	9,710
	<u> </u>	<u> </u>	<u> </u>

Notes to the Financial Statements - continued
for the Year Ended 31 March 2023

7. MOVEMENT IN FUNDS - continued

Comparatives for movement in funds

	Net movement in funds £	At 31.3.22 £
Unrestricted funds		
General fund	1,660	1,660
Restricted funds		
The London Community Foundation Fund	1,213	1,213
TOTAL FUNDS	2,873	2,873

Comparative net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	5,427	(3,767)	1,660
Restricted funds			
The Greater London Authority Civil Society			
Incubator programme Fund	2,008	(2,008)	-
The London Community Foundation Fund	6,760	(5,547)	1,213
	8,768	(7,555)	1,213
TOTAL FUNDS	14,195	(11,322)	2,873

Postcode Society Trust

This fund provides assistance to smaller charities and impactful initiatives in the South of England, aiming to create a positive impact on their local communities. The funding primarily enabled us to launch our counselling sponsorship program, offering 15 hours of free counselling to black women from low-income backgrounds.

Notes to the Financial Statements - continued
for the Year Ended 31 March 2023

8. RELATED PARTY DISCLOSURES

There were no related party transactions for the year ended 31 March 2023.