

Report of the Trustees and
Unaudited Financial Statements
for the Year Ended 31 March 2024
for
Thehma Matilda Alves Foundation

A J Bennewith
FCA, FCPA, FFA, FFTA, FIPA, DChA, FRSA
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for the Year Ended 31 March 2024

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Reference and Administrative Details
for the Year Ended 31 March 2024

TRUSTEES	J Brown Chair I V Chalmers Vice chair (resigned 23.12.23) V Govindan I Orhiunu Vice chair E E Usoroh (appointed 20.6.24)
PRINCIPAL ADDRESS	63 Churchill Road Uxbridge UB10 0FN
REGISTERED CHARITY NUMBER	1192780
INDEPENDENT EXAMINER	A J Bennewith FCA, FCPA, FFA, FFTA, FIPA, DChA, FRSA Upper Ground Floor 18 Farnham Road Guildford Surrey GU1 4XA
BANKER	HSBC 28 High St Uxbridge UB8 1JN

Letter from Chief Executive Officer
for the Year Ended 31 March 2024

Dear Beneficiaries,

As CEO and Founder of the Thelma Matilda Alves Foundation, I am thrilled to reflect on the remarkable progress we have made this year. Our mission to address mental health challenges within Black communities has been at the heart of everything we do. We have been working diligently to establish partnerships with other Black-led charities, allowing us to broaden the discussion of mental health and provide our beneficiaries with holistic advice and support.

This year has been particularly exciting, as we launched our first-ever exhibition, Sounds & Stories from the Windrush, which celebrated our community's resilience and history. We are also proud to have secured funding for our Counselling Sponsorship Scheme for the next five years, ensuring that we can continue to offer life-changing mental health support to those who need it most.

We were honoured to be featured in the Ealing Times, where our work was highlighted, and to be recognised by The National Lottery for our contributions to the community. As part of this recognition, we were invited to Tilbury Docks during Black History Month to celebrate our achievements and the impact of our work.

As we move forward, we remain deeply committed to supporting Black women and the wider Black community, addressing their unique mental health needs and fostering growth, healing, and empowerment.

Thank you for your continued belief in our mission. Together, we are making a lasting difference.

Warm regards,

Rayann Bryan
Founder & CEO, Thelma Matilda Alves Foundation

Letter from Chair of the board
for the Year Ended 31 March 2024

In 2023/2024, we have experienced the continued rise in the cost of living and many struggling to make ends meet which has placed further challenges upon mental health. This has resulted in either a greater need to access mental health services or individuals not being aware of support that might be available to them.

The Thelma Matilda Alves Foundation has responded through the continuation of online services which has enabled us to not only increase our reach geographically but also increase the number of women that can access our services. With an excess of 100 women utilising our services, this is an achievement to be celebrated.

Funding for charities have continued to decline which has resulted in some services being ceased or reduced. With the hard work of our CEO and newly appointed Project Manager, The Thelma Matilda Alves Foundation has been fortunate to secure a variety of funding for 2023/2024 and launched a counselling sponsorship scheme which funded free counselling sessions for black women who have been unable to access counselling otherwise.

Another challenge faced within the UK has been within the NHS with prolonged waiting times, lack of beds, staff shortages and an increase in CAMHS referrals. The threshold for further support to be put in place when ADHD is suspected is high and many will not receive the necessary support. The Thelma Matilda Alves Foundation have successfully collaborated with ADHD babes to provide additional support to black women who may not have had an opportunity to acquire support.

We recognise that there is still a lot of work to be done but we have confidence in knowing that we have a strong community of supporters.

I wish to thank all our supporters, our partners, volunteers, staff and board members for their continued hard work and dedication to the foundation. You have all contributed to making a remarkable impact on the lives of many black women and I look forward to the year ahead.

Kind regards,

Jennifer Brown

Report of the Trustees
for the Year Ended 31 March 2024

The trustees present their report with the financial statements of the charity for the year ended 31 March 2024. 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) the provision of 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 2024

ACHIEVEMENT AND PERFORMANCE

*Sounds & Stories from the Windrush Exhibition.

* We held seven Saturday sessions with 101 attendees.

*Four collaborations with our partners such as ADHD Babes, The Motherhood Group and Black Girl Finance.

* We were awarded £191,133 in funding from The National Lottery Fund for our counselling sponsorship scheme.

* We began developing partnership with Turn2us to assist in the development of their pilot programme.

* Our charity was featured in the Ealing Times.

*Our CEO was invited to the Tilbury Docks by The National Lottery Fund to be celebrated as part of their Black History month event.

Sounds & Stories from the Windrush Exhibition

Sounds and Stories of the Windrush, curated by the Thelma Matilda Alves Foundation with Poet in the City, responded to the experiences - both physical and metaphorical - of London's 'Windrush generation' through contemporary visual art.

The brought together contemporary works by emerging Black British painters and illustrators such as, Rudy Loewe, Jacob V. Joyce, Tamia Stone-Martin, Yvadney Davis, and Sade Popoola.

As well as personal archives and audio interviews - to render new perspectives and closeness to themes of belonging, displacement, liberation and navigating (in)visibility as descendants of migrants.

On June 22 - the 75th anniversary of HMT Empire Windrush docking in England from Jamaica - we hosted our opening event. With performances from British-Jamaican poets Karen McCarthy-Woolf and Jeremiah Brown, and music spun on vinyl by legendary soundman and DJ, Gladdy Wax.

Over 100 attendees

Collaborations and Partnerships

*Poet in the City - Sounds & Stories from the Windrush Exhibition

*The Motherhood Group - Breaking Cultural Barriers: Barriers to Access & Stigma

*Black Girl Finance - Financial well-being with Black Girl Finance

Black History Month 2023

In commemoration of Black History Month this October and the 75th anniversary of Windrush in 2023, The National Lottery celebrated and reflected upon the huge contribution made by Windrush pioneers and their families across the UK.

On Monday 30th October, The National Lottery invited our CEO to the unveiling of a unique piece of art, a wireframe structure in the shape of HMT Windrush, at Tilbury Docks, the port where the ship docked in 1948.

The artwork featured the portraits of people and projects who have done incredible things, with the help of funding from The National Lottery, to celebrate the Windrush generation and its impact on their communities and modern British life.

The portrait of our namesake and our CEO's grandmother was featured as one of the portraits on the installation to capture the work we do within your community.

Our CEO also had the opportunity to speak with the Ealing Times, where they discussed the company's recent achievements, future goals, and commitment to innovation. This conversation highlighted our dedication to fostering growth and making a lasting impact in the industry.

Report of the Trustees
for the Year Ended 31 March 2024

We also had the privilege of working with Freuds Digital to create impactful digital content addressing critical topics such as Black women's mental health and racialised health inequalities. Through this collaboration, we were able to highlight how the funding from the National Lottery supported our Sounds & Stories from the Windrush Exhibition in June 2023, bringing these important conversations to a wider audience.

FINANCIAL REVIEW

Financial position

Income this year was £40,073 (2023: £25,116) with an expenditure of £45,463 (2023: £15,406) giving a deficit of £5,390 (2023: £9,710 surplus).

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.

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 (until 23 December 2023)

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 2024.

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
Upper Ground Floor
18 Farnham Road
Guildford
Surrey
GU1 4XA

Date:

Statement of Financial Activities
for the Year Ended 31 March 2024

		Unrestricted fund £	Restricted funds £	31.3.24 Total funds £	31.3.23 Total funds £
INCOME AND ENDOWMENTS FROM	Notes				
Donations and legacies	2	<u>1,148</u>	<u>38,925</u>	<u>40,073</u>	<u>25,116</u>
EXPENDITURE ON					
Charitable activities					
Charitable expenditure		<u>-</u>	<u>45,583</u>	<u>45,583</u>	<u>15,406</u>
NET INCOME/(EXPENDITURE)		1,148	(6,658)	(5,510)	9,710
RECONCILIATION OF FUNDS					
Total funds brought forward		47	12,536	12,583	2,873
TOTAL FUNDS CARRIED FORWARD		<u><u>1,195</u></u>	<u><u>5,878</u></u>	<u><u>7,073</u></u>	<u><u>12,583</u></u>

Balance Sheet
31 March 2024

	Notes	Unrestricted fund £	Restricted funds £	31.3.24 Total funds £	31.3.23 Total funds £
CURRENT ASSETS					
Cash at bank and in hand		1,195	7,237	8,432	13,806
CREDITORS					
Amounts falling due within one year	7	-	(1,359)	(1,359)	(1,223)
NET CURRENT ASSETS		<u>1,195</u>	<u>5,878</u>	<u>7,073</u>	<u>12,583</u>
TOTAL ASSETS LESS CURRENT LIABILITIES		<u>1,195</u>	<u>5,878</u>	<u>7,073</u>	<u>12,583</u>
NET ASSETS		<u>1,195</u>	<u>5,878</u>	<u>7,073</u>	<u>12,583</u>
FUNDS	8				
Unrestricted funds:					
General fund				1,195	47
Restricted funds:					
WRC Funding				-	12
Postcode Society Trust				-	12,524
The National Lottery Community Fund				5,878	-
				<u>5,878</u>	<u>12,536</u>
TOTAL FUNDS				<u>7,073</u>	<u>12,583</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 2024

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.

Grants offered subject to conditions which have not been met at the year end date are noted as a commitment but not accrued as expenditure.

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

	31.3.24	31.3.23
	£	£
Donations	1,147	340
Grants	38,926	24,776
	<u>40,073</u>	<u>25,116</u>

Notes to the Financial Statements - continued
for the Year Ended 31 March 2024

2. DONATIONS AND LEGACIES - continued

The National Lottery Community Fund	18,926	-
Network For Social Change Charitable Trust	20,000	-
WRC Funding	-	1,000
Postcode Society Trust	-	23,776
	38,926	24,776

3. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the year ended 31 March 2024 nor for the year ended 31 March 2023.

Trustees' expenses

During the year, the trustees incurred £63 (2023: £110) in relation to training.

4. STAFF COSTS

	2024	2023
	£	£
Salaries and wages	12,295	10,032
Social security	1,289	1,719
Pensions	207	165
	13,791	11,916

No employee received remuneration greater than £60,000 for the year ended 31 March 2024 nor for the period ended 31 March 2023.

The total average number of employees during the year was 2 (2023: 2).

5. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

	Unrestricted fund £	Restricted funds £	Total funds £
INCOME AND ENDOWMENTS FROM			
Donations and legacies	341	24,775	25,116
EXPENDITURE ON			
Charitable activities			
Charitable expenditure	1,954	13,452	15,406
NET INCOME/(EXPENDITURE)	(1,613)	11,323	9,710
RECONCILIATION OF FUNDS			
Total funds brought forward	1,660	1,213	2,873

Notes to the Financial Statements - continued
for the Year Ended 31 March 2024

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	<u>47</u>	<u>12,536</u>	<u>12,583</u>

6. INDEPENDENT EXAMINER'S REMUNERATION

	2024 £	2023 £
	<u>660</u>	<u>540</u>

7. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	31.3.24 £	31.3.23 £
Taxation and social security	-	143
Other creditors	<u>1,359</u>	<u>1,080</u>
	<u>1,359</u>	<u>1,223</u>

8. MOVEMENT IN FUNDS

	At 1.4.23 £	Net movement in funds £	At 31.3.24 £
Unrestricted funds			
General fund	47	1,148	1,195
Restricted funds			
WRC Funding	12	(12)	-
Postcode Society Trust	12,524	(12,524)	-
The National Lottery Community Fund	-	5,878	5,878
	<u>12,536</u>	<u>(6,658)</u>	<u>5,878</u>
TOTAL FUNDS	<u>12,583</u>	<u>(5,510)</u>	<u>7,073</u>

Notes to the Financial Statements - continued
for the Year Ended 31 March 2024

8. MOVEMENT IN FUNDS - continued

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

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	1,148	-	1,148
Restricted funds			
WRC Funding	-	(12)	(12)
Postcode Society Trust	-	(12,524)	(12,524)
The National Lottery Community Fund	18,925	(13,047)	5,878
Network For Social Change Charitable Trust	20,000	(20,000)	-
	<u>38,925</u>	<u>(45,583)</u>	<u>(6,658)</u>
TOTAL FUNDS	<u>40,073</u>	<u>(45,583)</u>	<u>(5,510)</u>

Comparatives for 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>1,213</u>	<u>11,323</u>	<u>12,536</u>
TOTAL FUNDS	<u>2,873</u>	<u>9,710</u>	<u>12,583</u>

Notes to the Financial Statements - continued
for the Year Ended 31 March 2024

8. MOVEMENT IN FUNDS - continued

Comparative 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>24,775</u>	<u>(13,452)</u>	<u>11,323</u>
TOTAL FUNDS	<u>25,116</u>	<u>(15,406)</u>	<u>9,710</u>

A current year 12 months and prior year 12 months combined position is as follows:

	At 1.4.22 £	Net movement in funds £	At 31.3.24 £
Unrestricted funds			
General fund	1,660	(465)	1,195
Restricted funds			
The London Community Foundation Fund	1,213	(1,213)	-
The National Lottery Community Fund	-	5,878	5,878
	<u>1,213</u>	<u>4,665</u>	<u>5,878</u>
TOTAL FUNDS	<u>2,873</u>	<u>4,200</u>	<u>7,073</u>

Notes to the Financial Statements - continued
for the Year Ended 31 March 2024

8. MOVEMENT IN FUNDS - continued

A current year 12 months and prior year 12 months combined net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	1,489	(1,954)	(465)
Restricted funds			
The London Community Foundation Fund	-	(1,213)	(1,213)
WRC Funding	1,000	(1,000)	-
Postcode Society Trust	23,775	(23,775)	-
The National Lottery Community Fund	18,925	(13,047)	5,878
Network For Social Change Charitable Trust	20,000	(20,000)	-
	<u>63,700</u>	<u>(59,035)</u>	<u>4,665</u>
TOTAL FUNDS	<u><u>65,189</u></u>	<u><u>(60,989)</u></u>	<u><u>4,200</u></u>

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.

The National Lottery Community Fund

£6,980 of the grant was used to hold a series of mental well-being activities for Black women across London, creating spaces where their stories could be shared and heard. The Foundation organised sessions and workshops, facilitated by Black women mental health professionals, to help participants explore their mental well-being through creative and holistic methods. These activities built on previous work, which had shown positive impacts on the mental well-being of attendees. Additionally, the funding supported an exhibition, held in collaboration with Poet in the City, that showcased artwork and poetry by Black artists, highlighting reflections on the Windrush and life in modern London. The overall goal was to improve mental well-being, foster a sense of community, and raise awareness of the charity's work. Data collected from the events helped adapt future services to better meet the needs of the community.

The rest of the funding is being used to extend a counselling sponsorship scheme for Black women in London who are unemployed, carers, or have a household income below £40,000 and are experiencing poor mental health. Many Black women face financial barriers to accessing therapy, especially during the ongoing cost of living crisis. The scheme addresses this by offering 15 hours of free counselling with qualified Black female counsellors to women in financial difficulty. It aims to reduce NHS waiting times, which can be as long as 12 months, by providing immediate support. Unlike the NHS, which limits counselling to 10 sessions, this scheme provides additional hours and the opportunity for women to choose their counsellor. A successful pilot provided counselling to five women, leading to improved mental well-being. Due to oversubscription, a waiting list was created, demonstrating the need for expansion.

Network for Social Change Charitable Trust

Notes to the Financial Statements - continued
for the Year Ended 31 March 2024

8. MOVEMENT IN FUNDS - continued

The grant was accepted on behalf of ADHD Babes CIC, as they required a registered charity to manage and distribute the funds. These funds have been used to support a variety of ADHD Babes' activities, such as covering the wages of the Podcast Director, organising in-person social events, and facilitating weekly body-doubling and journalling workshops. The grant has also supported the running of fortnightly support group sessions, all aimed at empowering individuals with ADHD. ADHD Babes provides us with monthly updates on spending to ensure it aligns with the grant's criteria and terms and conditions.

9. RELATED PARTY DISCLOSURES

There were no related party transactions for the year ended 31 March 2024 nor for the year ended 31 March 2023.