

# MERCY FOUNDATION TRUST

England & Wales · Charity number 1196144

## Details

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**Status** Registered

**Legal form** CIO

**Registered** 2021-10-13

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

## Contact

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**Address** 334 Canford Lane  
Bristol  
BS9 3PW

**Phone** 01172443062

**Email** [info@mercyfoundationtrust.org](mailto:info@mercyfoundationtrust.org)

**Website** [www.mercyfoundationtrust.org](http://www.mercyfoundationtrust.org)

## Activities

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**Objects:** TO ADVANCE THE CHRISTIAN RELIGION FOR THE BENEFIT OF THE PUBLIC IN PARTICULAR, BUT NOT EXCLUSIVELY, BY THE PROVISION OF PRAYER LINES, CHRISTIAN HEALING ROOMS, RELIGIOUS EDUCATION, PASTORAL COUNSELLING AND SUPPORT, AND DISTRIBUTING LITERATURE ON THE CHRISTIAN FAITH TO ENLIGHTEN OTHERS ABOUT THE CHRISTIAN RELIGION. TO ADVANCE THE EDUCATION OF THE PUBLIC IN HEALTH CARE, IN PARTICULAR BUT NOT LIMITED TO, THE SUBJECT OF DISEASE PREVENTION AND HEALTHY LIFESTYLES BY DISTRIBUTING LITERATURE AND PROVIDING HEALTH SEMINARS AND WEBINARS. THE PREVENTION OR RELIEF OF POVERTY FOR THE PUBLIC BENEFIT BY PROVIDING: GRANTS, ITEMS AND SERVICES TO INDIVIDUALS IN NEED AND/OR CHARITIES, OR OTHER ORGANISATIONS WORKING TO PREVENT OR RELIEVE POVERTY.

**Activities:** Mercy Foundation Trust is a UK based charity that promotes General Health and well being through Free health promotion Seminars and Workshops aimed at preventing diabetes, obesity, high blood pressure, high cholesterol levels, thereby reducing the incidence of strokes and heart attacks. Most of our volunteers are healthcare professionals who would give free professional advice at the workshops.

## Classification

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- **How:** Provides Buildings/facilities/open Space, Provides Services, Provides Advocacy/advice/information
- **What:** General Charitable Purposes, The Advancement Of Health Or Saving Of Lives, Disability, The Prevention Or Relief Of Poverty
- **Who:** The General Public/mankind

## Geography

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- Bristol City
- South Gloucestershire

## Finances

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Period end	Income	Expenditure	Assets	Employees
2024-11-30	£3,810	£4,317	-	-
2023-11-30	£3,569	£2,214	-	-
2022-11-30	£2,428	£2,410	-	-

## Trustees

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Name	Role	Appointed
<b>CATHERINE NKOLE</b>	Chair	2020-10-14
Dr Chinedu Nkole Dr		2020-10-14
Dr Sarah Anane-Adusei		2025-06-05
Neilon Rocha		2025-06-05

**MERCY FOUNDATION TRUST**

England & Wales - Charity number 1196144

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# Accounts

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# Mercy Foundation Trust Accounts Report for the year ended 30 November 2024

Charity Registration Number:  
1196144

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# Legal and administrative information

## CHARITY NUMBER

1196144

## START OF FINANCIAL YEAR END OF FINANCIAL YEAR

01 December 2023

30 November 2024

## 4 TRUSTEES

Mrs Catherine Nkole	- Chair
Rev Neilon Rocha	- Trustee
Dr Sarah Anane-Adusei	- Trustee
Dr Chinedu Nkole	- Trustee

## GOVERNING INSTRUMENT

CIO - FOUNDATION Adopted 13 October 2021

## REGISTRATION DATE

Registered 13 October 2021

## CORRESPONDENCE ADDRESS

334 Canford Lane, BRISTOL, BS9 3PW

# Trustee's Report for the Year Ended 30 November 2024

## OBJECTIVES AND ACTIVITIES

Mercy Foundation Trust exists to promote health and wellbeing within our communities, with a particular emphasis on the prevention of cerebrovascular disease (stroke) and cardiovascular disease (heart attack). We pursue these aims through health promotion seminars, workshops, and outreach activities that address the key risk factors such as diabetes, high blood pressure, high cholesterol, and obesity.

Our trustees remain hands-on in planning, organising, and delivering these initiatives, ensuring that the charity stays closely connected to the people it serves.

## ACHIEVEMENTS AND PERFORMANCE

Abundant Health Community Project

The principal activity during the year was the **Abundant Health Community Project**, held at the **Bradley Stoke Active Lifestyle Centre** on **21 September 2024**.

The event combined a **public health seminar** with **on-site clinical screening** focused on preventing and reducing risk factors for major non-communicable diseases such as **stroke, hypertension, diabetes, obesity, and high cholesterol**.

Qualified volunteers presented practical, evidence-based guidance on nutrition, physical activity, and lifestyle change. Attendees were then screened for **blood pressure, BMI, HbA1C, and cholesterol levels**.

Participants with concerning results were directed to medical professionals for tailored advice and signposting to local healthcare providers.

The project attracted approximately **100 participants** from Bristol and South Gloucestershire. Post-event feedback confirmed high satisfaction and reported behavioural change in diet and exercise among many attendees.

## Ongoing Support

After the event, volunteers continued to provide informal follow-up support to participants seeking further advice on managing health indicators. This ongoing engagement reinforces MFT's long-term goal of promoting sustainable wellbeing.

## Volunteer Contribution

The trustees express sincere thanks to all volunteers: doctors, nurses, pharmacists, and community workers, whose professionalism and goodwill made these achievements possible. Their effort ensured high-quality health information and screening services were available to the public free of charge.

## Community Impact

- **Approx. 100 beneficiaries** received screening and health education directly.
- Printed and digital materials reached a wider audience, increasing awareness of preventable disease.
- Feedback indicated improved understanding of cardiovascular risk factors and motivation for lifestyle change.

## 5. Financial Review

During the financial year ended 30 November 2024:

- **Total income:** £3,810
- **Total expenditure:** £4,317
- **Net deficit:** £1,157
- **Funds brought forward:** £476
- **Funds carried forward:** £-681

The trustees recognise the continuing challenge of delivering community programmes on limited resources but remain committed to prudent cost management and ongoing fundraising efforts.

## PLANS FOR THE FUTURE

For 2025, Mercy Foundation Trust plans to:

- Expand the **Abundant Health Project** to additional Bristol communities.
- Develop **online health-education webinars** and resources for wider accessibility.
- Increase collaboration with **local authorities, GP practices, and community organisations.**

- Recruit and train new volunteers in community-health promotion.
- Seek external funding to strengthen capacity and ensure long-term sustainability.


## **PUBLIC BENEFIT STATEMENT**

The trustees are responsible for preparing this report and accompanying financial statements in accordance with the Charities Act 2011 and confirm that all funds have been applied solely for charitable purposes.

### **Trustees:**

 17/10/2025  
Mrs Catherine Nkole

 17/10/2025  
Rev Neilon Rocha

 17/10/2025  
sarah anane-adusei (Oct 17, 2025 18:46:56 GMT+1)  
Dr Sarah Anane-Adusei

 17/10/2025  
chinedunkole (Oct 17, 2025 12:27:13 GMT+1)  
Dr Chinedu Nkole

# Receipts and Payments Account

Mercy Foundation Trust  
Charity Registration Number: 1196144  
Receipts and Payments Account  
For the year ended 30 November 2024

<b>Category</b>	<b>£</b>
<b>Turnover (Income)</b>	<b>3,810</b>
Sales	3,232
Donations	578
<b>Gross Income</b>	<b>3,810</b>
	(4,317)
<b>Administration Expenses</b>	
Rent	1,665
Accommodation & Meals	2,040
Advertising & Promotion	391
Office Costs & Stationery	138
Legal & Travel	82
Staff/Subcontractor Costs	(650)
<b>Net Result (Deficit)</b>	<b>-1,157</b>
<b>Funds brought forward (2023)</b>	<b>476</b>
<b>Funds carried forward (2024)</b>	<b>-681</b>

# Balance Sheet

As at 30 November 2024

<b>Item</b>	<b>£</b>
Current Assets	1,180
Liabilities (Director Loan – C Nkole)	(1,750)
<b>Net Assets / (Liabilities)</b>	<b>-570</b>
<b>Total Funds</b>	<b>-570</b>

**Basis of Preparation:** These accounts have been prepared on a receipts and payments basis, as the charity's income is below £250,000 and it is not required to prepare accruals accounts.

# Notes to the Accounts

## 1. Accounting Policies

The financial statements have been prepared in accordance with the **Charities Act 2011** and the **Charities SORP (FRS 102)**. The accounts are prepared under the historical cost convention. Income and expenditure are accounted for on an **accruals basis**.

## 2. Income

All income in the year of **£3,810** was unrestricted and derived from **donations and charitable activities**.

## 3. Expenditure

Expenditure of **£4,317** was incurred in direct furtherance of the charity's objectives, including the delivery of community health education projects and volunteer-led wellbeing initiatives.

## 4. Trustees and Related Parties

No trustee received any remuneration or benefits in the year (**2023: £nil**).  
No trustee expenses were reimbursed (**2023: £nil**).  
There were no related party transactions requiring disclosure.

## 5. Staff Costs

The average number of employees during the year was **0 (2023: 0)**.  
All charitable work was delivered by volunteers.

## 6. Funds

All funds are unrestricted. At year end, unrestricted funds were **a deficit of £681 (2023: surplus £476)**.

## **Independent Examination**

The charity's gross income for the year was less than £25,000. In accordance with the Charities Act 2011, there was no statutory requirement for an audit or independent examination, and none was undertaken.












# 2024 TAR


Final Audit Report

2025-10-17


Created:	2025-10-17
By:	Neilon Rocha (neilonrocha@hotmail.com)
Status:	Signed
Transaction ID:	CBJCHBCAABAABVyPFbu_Au5mTSZOT680z-7DTE2kLxKZ_

## "2024 TAR" History

-  Document created by Neilon Rocha (neilonrocha@hotmail.com)  
2025-10-17 - 9:08:47 AM GMT- IP address: 82.37.205.56
-  Document emailed to sarah anane-adusei (ssaadusei@gmail.com) for signature  
2025-10-17 - 9:08:52 AM GMT
-  Document emailed to Neilon Rocha (neilonrocha@hotmail.com) for signature  
2025-10-17 - 9:08:53 AM GMT
-  Document emailed to Catherine Nkole (mikath2000@yahoo.com) for signature  
2025-10-17 - 9:08:53 AM GMT
-  Document emailed to cnkole@hotmail.com for signature  
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2025-10-17 - 9:22:51 AM GMT- IP address: 82.37.205.56
-  Document e-signed by Neilon Rocha (neilonrocha@hotmail.com)  
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-  Email viewed by Catherine Nkole (mikath2000@yahoo.com)  
2025-10-17 - 10:37:57 AM GMT- IP address: 87.248.116.79
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2025-10-17 - 11:27:11 AM GMT- IP address: 208.127.198.215
-  Document e-signed by chinedunkole (cnkole@hotmail.com)  
Signature Date: 2025-10-17 - 11:27:13 AM GMT - Time Source: server- IP address: 208.127.198.215

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2025-10-17 - 5:46:09 PM GMT- IP address: 66.249.93.99

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Signature Date: 2025-10-17 - 5:46:56 PM GMT - Time Source: server- IP address: 92.40.204.104

 Document e-signed by Catherine Nkole (mikath2000@yahoo.com)

Signature Date: 2025-10-17 - 6:53:26 PM GMT - Time Source: server- IP address: 82.129.74.219

 Agreement completed.

2025-10-17 - 6:53:26 PM GMT

**MERCY FOUNDATION TRUST**

England & Wales - Charity number 1196144

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# Accounts

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**Mercy Foundation Trust  
Accounts Report for the year ended 30  
November 2023**

**Charity Registration Number: 1196144**

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# **Legal and administrative information**

## **CHARITY NUMBER**

1196144

## **START OF FINANCIAL YEAR END OF FINANCIAL YEAR**

01 December 2022

30 November 2023

## **4 TRUSTEES**

Mrs Catherine Nkole - Chair

Rev Neilon Rocha - Trustee

Dr Sarah Anane-Adusei - Trustee

Dr Chinedu Nkole - Trustee

## **GOVERNING INSTRUMENT**

CIO - FOUNDATION Adopted 13 October 2021

## **REGISTRATION DATE**

Registered 13 October 2021

## **CORRESPONDENCE ADDRESS**

334 Canford Lane, BRISTOL, BS9 3PW

# Trustee's Report for the Year Ended 30 November 2024

## OBJECTIVES AND ACTIVITIES

Mercy Foundation Trust exists to promote health and wellbeing within our communities, with a particular emphasis on the prevention of cerebrovascular disease (stroke) and cardiovascular disease (heart attack). We pursue these aims through health promotion seminars, workshops, and outreach activities that address the key risk factors such as diabetes, high blood pressure, high cholesterol, and obesity.

Our trustees remain hands-on in planning, organising, and delivering these initiatives, ensuring that the charity stays closely connected to the people it serves.

## ACHIEVEMENTS AND PERFORMANCE

This year has been both challenging and encouraging. Among the highlights:

- **Health promotion seminars and workshops** continued to be delivered, reaching new groups and providing practical knowledge. Attendees frequently reported greater awareness of lifestyle risks and a stronger motivation to take preventative action.
- **Positive community impact:** informal feedback and case stories show that our work has helped people make tangible changes, from checking blood pressure more regularly to adopting healthier diets.
- **Reducing health inequalities:** by focusing our efforts locally, we've been able to reach individuals who might otherwise not have access to preventative health resources.
- All of this has been achieved with no paid staff, but through the dedication of trustees and volunteers who generously contribute their time and expertise.

## FINANCIAL SUMMARY FOR 2024

- **Total income:** £3,569 (2022: £2,428)
- **Total expenditure:** £2,214 (2022: £2,410)
- **Net surplus:** £1,355 (2022: £18)
- **Funds carried forward:** £476 (2022: deficit £879)

This surplus has placed the charity on a stronger financial footing and allowed us to move from a deficit position into positive reserves.

## PLANS FOR THE FUTURE

Looking ahead, we intend to:

- Strengthen our health promotion work through regular community-based events.
- Explore opportunities to set up **drop-in health check stations** around Bristol, where residents can measure blood pressure, BMI, cholesterol, and blood sugar levels, and receive free, professional guidance.
- Develop new partnerships to support both funding and expertise, ensuring our work is sustainable and scalable.


## CHALLENGES

While the year's financial outcome was encouraging, funding remains our biggest challenge. Trustees have often contributed personally to meet costs. We remain committed to seeking grants and external support, particularly as prevention is both life-saving and cost-effective compared to treatment.

## PUBLIC BENEFIT STATEMENT

The trustees confirm that they have considered the Charity Commission's guidance on public benefit in planning and carrying out the charity's activities. They are satisfied that, during the year, the charity's work advanced its objectives and provided significant benefit to the public.

### Trustees:

 06/09/2025  
Mrs Catherine Nkole

*Neilon Rocha* 05/09/2025  
Rev Neilon Rocha

  
Dr Sarah Anane-Adusei (Sep 6, 2025 00:30:48 GMT+1)  
Dr Sarah Anane-Adusei 06/09/2025

  
Dr Chinedu Nkole (Sep 6, 2025 05:24:31 GMT+1)  
Dr Chinedu Nkole 06/09/2025

# Receipts and Payments Account

Mercy Foundation Trust  
Charity Registration Number: 1196144  
Receipts and Payments Account  
For the year ended 30 November 2023

## **Receipts**

Source	Amount (£)
Donations and voluntary income	£3569
<b>Total Receipts</b>	<b>£3569</b>

## **Payments**

Purpose / Category	
Charitable activities	£2214
<b>Total Payments</b>	<b>£2214</b>

## **Net Surplus for the Year**

	Amount (£)
Surplus	£1355

# Balance Sheet

As at 30 November 2023

Current Assets	£947
Creditors: amounts falling due within one year	(£471)
Net Current Assets / (Liabilities)	£476
Total Funds	£476

**Basis of Preparation:** These accounts have been prepared on a receipts and payments basis, as the charity's income is below £250,000 and it is not required to prepare accruals accounts.

# Notes to the Accounts

## 1. Accounting Policies

The financial statements have been prepared in accordance with the Charities Act 2011 and the Charities SORP (FRS 102). The accounts are prepared under the historical cost convention. Income and expenditure are accounted for on an accruals basis.

## 2. Income

All income in the year of £3,569 was unrestricted and derived from donations and charitable activities.

## 3. Expenditure

Expenditure of £2,214 was incurred in direct furtherance of the charity's objectives.

## 4. Trustees and Related Parties

No trustee received any remuneration or benefits in the year (2022: £nil). No trustee expenses were reimbursed (2022: £nil).

## 5. Staff Costs

The average number of employees during the year was 0 (2022: 0).

## 6. Funds

All funds are unrestricted. At year end, unrestricted funds were £476 (2022: deficit £879).

## **Independent Examination**

The charity's gross income for the year was less than £25,000. In accordance with the Charities Act 2011, there was no statutory requirement for an audit or independent examination, and none was undertaken.











# 2023 Mercy Foundation Trust Accounts and TAR

Final Audit Report

2025-09-06

Created:	2025-09-05
By:	Rev Neilon Rocha (neilonrocha@hotmail.com)
Status:	Signed
Transaction ID:	CBJCHBCAABAAGRLCjmNRNAIgiPRQ4OS_zbKEfGnK7sR5

## "2023 Mercy Foundation Trust Accounts and TAR" History

-  Document created by Rev Neilon Rocha (neilonrocha@hotmail.com)  
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-  Document emailed to Mrs Catherine Nkole (mikath2000@yahoo.com) for signature  
2025-09-05 - 10:32:10 PM GMT
-  Document emailed to Rev Neilon Rocha (neilonrocha@hotmail.com) for signature  
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-  Document emailed to Dr Sarah Anane-Adusei (ssaadusei@gmail.com) for signature  
2025-09-05 - 10:32:11 PM GMT
-  Document emailed to Dr Chinedu Nkole (cnkole@hotmail.com) for signature  
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2025-09-05 - 10:36:07 PM GMT- IP address: 82.37.205.56
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2025-09-05 - 11:27:56 PM GMT- IP address: 66.249.93.100
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-  Email viewed by Dr Chinedu Nkole (cnkole@hotmail.com)  
2025-09-06 - 4:23:08 AM GMT- IP address: 38.242.189.121



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2025-09-06 - 7:27:47 AM GMT- IP address: 87.248.114.212



Document e-signed by Mrs Catherine Nkole (mikath2000@yahoo.com)

Signature Date: 2025-09-06 - 7:29:03 AM GMT - Time Source: server- IP address: 194.35.122.102



Agreement completed.

2025-09-06 - 7:29:03 AM GMT

**MERCY FOUNDATION TRUST**

England & Wales - Charity number 1196144

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# Accounts

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Mercy Foundation Trust  
Accounts Report for the year ended 30  
November 2022

Charity Registration Number: 1196144

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# Legal and administrative information

## CHARITY NUMBER

1196144

## START OF FINANCIAL YEAR END OF FINANCIAL YEAR

13 October 2021

30 November 2022

## 4 TRUSTEES

Mrs Catherine Nkole - Chair

Rev Neilon Rocha - Trustee

Dr Sarah Anane-Adusei - Trustee

Dr Chinedu Nkole - Trustee

## GOVERNING INSTRUMENT

CIO - FOUNDATION Adopted 13 October 2021

## REGISTRATION DATE

Registered 13 October 2021

## CORRESPONDENCE ADDRESS

334 Canford Lane, BRISTOL, BS9 3PW

# Trustee's Report for the Year Ended 30 November 2022

## OBJECTIVES AND ACTIVITIES

Our aims and objectives are focused on promoting general health and wellbeing aimed at reducing the incidence of cerebrovascular diseases (stroke) and cardiovascular diseases (myocardial infarction) through health promotion seminars and workshops that address risk factors such as diabetes, high blood pressure, high blood cholesterol, and obesity.

The trustees are actively involved in the organisation and delivery of these seminars and workshops.

## ACHIEVEMENTS AND PERFORMANCE

During the year, the charity:

Delivered health promotion seminars and workshops, with positive feedback and testimonials from attendees about improved lifestyle and health awareness, 80% of attendees reported improved awareness of their blood pressure risk factors

Contributed to reducing health inequalities in the community through targeted campaigns and services.

Supported activities entirely within England and Wales, with no paid staff, relying on volunteer trustees and helpers.

## FINANCIAL SUMMARY FOR 2022

- Total income: £2,428
- Total expenditure: £2,410
- Surplus: £18

## PLANS FOR THE FUTURE

Establish walk-in centres around Bristol where people can check their blood pressure, BMI, cholesterol level, HbA1c, and receive free professional help.

## CHALLENGES

- The main challenge remains lack of funding, with trustees personally covering some event costs.

- The charity looks forward to increased emphasis on prevention from funders and government, as prevention is more cost-effective than care.

## **PUBLIC BENEFIT STATEMENT**

The trustees confirm they have had regard to the Charity Commission's guidance on public benefit and are satisfied that the activities during the year advanced the charity's purposes and provided clear benefits to the public.

I hereby submit this report and the accounts to the board of trustees for their approval,

Catherine Nkole

12/08/2025

Mrs Catherine Nkole

*Neilon Rocha*

11/08/2025

Rev Neilon Rocha

Dr Sarah Anane-Adusei

15/08/2025

Dr Sarah Anane-Adusei

chinedunkole

12/08/2025

Dr Chinedu Nkole

# Receipts and Payments Account

Mercy Foundation Trust

Charity Registration Number: 1196144

## Receipts and Payments Account

For the year ended 30 November 2022

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### Receipts

Source	Amount (£)
Donations and voluntary income	2,428.00
<b>Total Receipts</b>	<b>2,428.00</b>

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### Payments

Purpose / Category	Amount (£)
Charitable activities	2,410.00
<b>Total Payments</b>	<b>2,410.00</b>

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### Net Surplus for the Year

	Amount (£)
Surplus	18.00

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### Statement of Assets and Liabilities (at 30 November 2022)


	Amount (£)
Cash at bank	18.00
Liabilities	0.00
<b>Net Assets</b>	<b>18.00</b>

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**Basis of Preparation:** These accounts have been prepared on a receipts and payments basis, as the charity's income is below £250,000 and it is not required to prepare accruals accounts.

# Independent Examination

The charity's gross income for the year was less than £25,000. In accordance with the Charities Act 2011, there was no statutory requirement for an audit or independent examination, and none was undertaken.

**Signature:**   
Dr Sarah Anani-Adusei (Aug 15, 2025 10:27:08 GMT+1)  
**Email:** ssaadusei@gmail.com

**Signature:**   
**Email:** mikath2000@yahoo.com

**Signature:** Dr Chinedu Nkole  
Dr Chinedu Nkole (Aug 12, 2025 09:45:24 GMT+1)  
**Email:** cnkole@hotmail.com

**Signature:** *Neilon Rocha*  
**Email:** neilonrocha@hotmail.com











# Mercy Foundation Trust Accounts and TAR Ready to be signed

Final Audit Report

2025-08-15


Created:	2025-08-11
By:	Neilon Rocha Rocha (neilonrocha@hotmail.com)
Status:	Signed
Transaction ID:	CBJCHBCAABAAEmsinJdxikQrv6K6yjSA117TPmDJ2Z-O

## "Mercy Foundation Trust Accounts and TAR Ready to be signed" History


-  Document created by Neilon Rocha Rocha (neilonrocha@hotmail.com)  
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-  Document emailed to Dr Sarah Anane-Adusei (ssaadusei@gmail.com) for signature  
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-  Document emailed to Mrs Catherine Nkole (mikath2000@yahoo.com) for signature  
2025-08-11 - 10:00:16 PM GMT
-  Document emailed to Dr Chinedu Nkole (cnkole@hotmail.com) for signature  
2025-08-11 - 10:00:16 PM GMT
-  Document emailed to Neilon Rocha Rocha (neilonrocha@hotmail.com) for signature  
2025-08-11 - 10:00:16 PM GMT
-  Email viewed by Neilon Rocha Rocha (neilonrocha@hotmail.com)  
2025-08-11 - 10:01:03 PM GMT- IP address: 82.37.205.56
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