



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



06/09/2025

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

# 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
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