



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

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

Balance Sheet

As at 30 November 2024

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

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


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By:	Neilon Rocha (neilonrocha@hotmail.com)
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Transaction ID:	CBJCHBCAABAAVyPFbu_Au5mTSZOT680z-7DTE2kLxKZ_

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