

AFRICA HEALING FOUNDATION

England & Wales · Charity number 1196223

Details

Status Registered

Legal form CIO

Registered 2021-10-20

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

Contact

Address Africa Healing Foundation
86-90 Paul Street
EC2A 4NE

Phone 07973405570

Email admin@africahealing.org

Website www.africahealingfoundation.org

Activities

Objects: FOR THE PUBLIC BENEFIT THE RELIEF OF SICKNESS AND THE PRESERVATION OF GOOD HEALTH BY ORGANISING OUTREACH PROJECTS IN AFRICA TO EDUCATE THE PUBLIC IN HOW TO BE HEALTHY.

Activities: Health promotion outreach health programs to enable people to live healthy lives and thrive in their communities. Supporting people with mental health needs through promoting good mental health through wellbeing activities, support groups, educational activities, advocacy and training.

Classification

- **How:** Provides Advocacy/advice/information
- **What:** The Advancement Of Health Or Saving Of Lives
- **Who:** The General Public/mankind

Geography

- Kenya
- Zimbabwe
- Throughout England

Finances

Period end	Income	Expenditure	Assets	Employees
2024-10-31	£57,353	£65,651	-	-
2023-10-31	£17,993	£17,923	-	-
2022-10-31	£37,986	£37,964	-	-

Trustees

Name	Role	Appointed
Gary Mapanda	Chair	2020-08-25
Edwin Chirenda		2020-08-25
Everlyne Mapanda		2020-08-25
Mario Daniel Aslau		2026-03-24
Sylvia Njuguna		2020-08-25

AFRICA HEALING FOUNDATION

England & Wales - Charity number 1196223

Accounts

**AFRICA HEALING FOUNDATION REPORT
AND FINANCIAL STATEMENT 1ST
NOVEMBER 2023 – 31ST OCTOBER 2024**

**TRUSTEES ANNUAL REPORT 01st NOVEMBER 2023 –
31st OCTOBER 2024**

Charity name: Africa Healing Foundation

Charity Registration Number: 1196223

Charity Address: 86-90 Paul Street
London, United Kingdom
EC2A 4NE

Trustee names: Gary Mapanda

Everlyne Mapanda

Sylvia Njuguna

Edwin Chirenda

Pule Chisokwa

Structure, governance & management

The organisation is a Charitable Incorporated Organisation (CIO) registered on 20th October 2021.

All Trustees give their time voluntarily and receive no benefits from the charity. The organisation is currently self-funded and supported by grants received. There were five volunteers in the UK in this financial year.

The objectives of the CIO are:

AHF is an international health and community development organisation working to reduce health inequalities and poverty in marginalised communities in Africa and the UK. Our focus is on strengthening healthcare, developing capacity and skills, environmental conservation, youth empowerment, food security, and agricultural diversification.

Objectives and activities

The Trustees review the aims, objectives, and activities of the charity each year. This report looks at what the charity has achieved and the outcomes of its work within the last twelve months. The Trustees report the success of each key activity and the benefits the charity has brought to those groups of people that it is set up to help.

The review also helps the trustees ensure the charity's aims, objectives, and activities remain focused on its stated purposes. The Trustees have referred to the guidance contained in the Charity Commission's general guidance on public benefit when reviewing the charity's aims and objectives and in planning its future activities. In

particular, the Trustees consider how planned activities will contribute to the aims and objectives that have been set.

ACHIEVEMENTS

Advocacy, Gender & Child Protection

We delivered community workshops to marginalised areas to address barriers to education and social mobility. Education is recognised as a fundamental right and a powerful tool to break the cycle of poverty. Our sessions equipped individuals with practical skills that foster independence, career prospects, and improved well-being. Beyond education, AHF worked to protect children by building their self-efficacy, supporting families to reject harmful cultural practices, and advocating for protective policies. Inclusion strategies ensured that women, children, and people with disabilities were central to programme design and delivery.

Maternal Wellbeing

Mothers' Wellness Club

Launched in 2023 with support from the National Community Lottery Fund, the Mothers' Wellness Club has grown into a vibrant and supportive community for women with infants and toddlers. What began with just three mothers has now flourished to weekly gatherings of around 40, offering a space where physical activity, creativity, and social connection come together. Through exercise, dance, and shared moments of joy, the club highlights the powerful link between physical and mental well-being, while reinforcing our holistic belief that a mother's wellness directly strengthens her family and, by extension, the wider community.

At the heart of the club is the cultivation of meaningful social bonds. Shared laughter, open conversations, and lived experiences form the foundation of a support network that mothers find invaluable. The club is also intentional about addressing mental health, providing a safe and dedicated space where women can access resources, engage in open dialogue, and find reassurance among others facing similar challenges. For many, it has become a sanctuary, a place of comfort, healing, and renewed strength.

To extend support beyond in-person sessions, we created a dedicated WhatsApp group where mothers can stay connected, share feedback, and exchange advice. During weekly meetings, facilitators check in with each participant to understand individual needs and identify where additional support might be helpful. This ongoing

dialogue has been instrumental in tackling pressing concerns such as loneliness, isolation, and depression.

The impact of the Mothers' Wellness Club is tangible. Mothers leave sessions feeling more confident, connected, and empowered, while their children benefit from an environment that nurtures both cognitive and social development. The ripple effect is profound: stronger mothers, healthier families, and a more resilient community.

Rusike Clinic

In partnership with Rusike Maternity Clinic, Africa Healing Foundation has prioritised maternal health, recognising its critical role in family and community well-being. The clinic, however, faces significant challenges, including limited infrastructure, the need for service expansion, and shortages of essential medical equipment. With constrained funding, it relies heavily on donations to deliver quality care for mothers. To support its work, AHF has contributed essential items and resources, helping ensure that mothers receive the care they need and deserve.

Food Security and Nutrition

In Goromonzi, Zimbabwe, we launched a community garden project beginning with tomato seedlings. This initiative aims to empower 1,000 families to grow their own food and develop marketable skills to combat food insecurity and poverty. In partnership with Rusike Maternity Clinic, we supported maternal health, despite the clinic facing challenges in infrastructure and limited medical equipment. To commemorate World Health Day in April, AHF partnered with Women's University in Africa and Health At Heart Foundation to deliver health screenings, nutrition sessions, and mental health talks, promoting holistic well-being.

At Africa Healing Foundation, we are committed to supporting low-income communities both locally and internationally. In the UK, we have provided healthy food and essential hygiene items to families in need, helping to improve their overall well-being. In Zimbabwe's Goromonzi and Kenya's Kandara, we have donated sanitary pads and clothing to low-income families, ensuring access to essential items that promote dignity, health, and comfort.

Tech Innovation

At the Africa Healing Foundation, we continue to embrace creativity and innovation as tools to improve lives and strengthen communities. This year, our vibrant social media presence has significantly expanded awareness of our mission. Through consistent posting and engaging campaigns, more people now recognise and connect with our work. Initiatives such as the Moms and Tots Art Session have further encouraged

community participation, demonstrating how digital engagement can foster stronger relationships and amplify our impact in health and well-being.

We also piloted our health app, launching the beta phase with the aim of providing culturally sensitive health education to marginalized communities. Our vision is to use technology as a force for sustainable change, offering innovative solutions that help reduce health inequalities. This healthcare app represents a major step forward in delivering accessible health information and support, and we believe it will be a transformative tool in improving healthcare outcomes. At Africa Healing Foundation, we remain committed to ensuring that everyone, regardless of background, has access to quality healthcare, education, and opportunities.

Another innovation this year has been the introduction of Mental Health Coffee Chats: Brews & Breathers, a bi-weekly virtual space that has engaged more than 360 participants worldwide. These conversations create a safe and supportive environment where young people can learn about mental health, share personal experiences, and build meaningful networks. By opening the door to candid dialogue, the chats encourage understanding, reduce stigma, and strengthen community bonds.

Mental Health

Mindset and Movement

The Mindset and Movement project drew strong community participation by combining physical activity with social interaction and healthy living. What began as a space to encourage exercise quickly expanded to include psychoeducation, life coaching, creative sessions, and peer support. Guest speakers added further value by sharing their lived experiences, creating authentic connections and inspiring participants to embrace positive change.

At Africa Healing Foundation, we believe mental health is just as vital as physical health, and we are committed to building a world where everyone has access to the resources and support they need to thrive. Since our inception, we have designed programs that take a holistic approach to improving lives, and Mindset and Movement is a key part of this vision. The initiative encourages people to prioritise their mental health by incorporating movement into their daily routines. From walking and dancing to stretching and simple home workouts, we promote accessible and inclusive activities that cost nothing yet bring meaningful benefits such as improved mood, reduced stress, and greater confidence.

Recognising that mental health challenges are often linked to wider social issues, we also address food insecurity and isolation through our food bank program. By providing

nutritious meals and creating opportunities for people to gather, this program not only supports physical health but also fosters connection, belonging, and stronger communities.

World Health Day

To mark World Health Day in April, we partnered with Women's University in Africa and the Health At Heart Foundation to empower our local community. Together, we offered mental health talks, comprehensive health screenings, engaging nutrition sessions, and meaningful discussions—all designed to promote holistic well-being. It is our dedicated team, a small group with big hearts, whose commitment makes this work possible. Through these efforts, we continue to create real, lasting change in the communities we serve.

Be That Man

We successfully hosted the third #BeThatMan Breakfast and Networking Event in Harare, Zimbabwe. This initiative directly tackled the stigma around men's mental health and the challenges of emotional isolation. The event brought together 20 young people from the University of Zimbabwe, Women's University in Africa, youth SRHR activists, and AHF volunteers. The discussions promoted open dialogue about men's emotional well-being, encouraged peer support, and strengthened access to mental health resources. This initiative continues to demonstrate AHF's commitment to addressing mental health inclusively, ensuring men and boys are also supported in their journeys toward well-being.

Access to Education

Stress to Strength

Africa Healing Foundation is proud to collaborate with Professors Without Borders (PROWIBO, UK) to bring quality education to communities in Zimbabwe and Kenya. Our initiatives focus on empowering young people and underserved communities by providing workshops that develop crucial life skills, promote mental wellness, and foster resilience.

In Zimbabwe, we partnered with Women's University in Africa and the Catholic University to deliver the Stress to Strength program in March 2024. These workshops focused on financial literacy, career development, and peer counseling, equipping students with the knowledge and tools to navigate personal and professional challenges. Sessions also included engagement with Zimbabwean elders, whose

enthusiastic participation highlighted the program's impact. The initiative received recognition in the Daily News newspaper, underlining its significance in the community.

In Kenya, we launched AHF Kenya in September 2024, again collaborating with PROWIBO to deliver the Stress to Strength program to rural teachers, elders, and youth. Over four days, the workshops reached 165 participants, providing practical strategies to manage stress, reduce anxiety, and cultivate self-love. By combining mental wellness education with physical activity, the program promoted a holistic approach to well-being. One key outcome of the initiative was the establishment of the Stress to Strength Kandara Youth Group, a youth-led community dedicated to fostering resilience, empowerment, and supportive networks in rural areas.

Through these efforts, both in Zimbabwe and Kenya, Africa Healing Foundation and PROWIBO have demonstrated the transformative power of education in underserved communities. By equipping participants with life skills, mental health strategies, and leadership opportunities, we are building resilient individuals and stronger, more connected communities.

Recognition and Community Celebrations

On 25th June, we joyfully celebrated the Mayor's Community Weekend, a remarkable event made possible through generous funding from the National Lottery Community Fund. The initiative aimed to encourage active participation in local communities while fostering inclusivity and unity. Held at Limes Farm Community in the UK, the event brought together diverse groups, strengthening connections among community members and promoting a shared sense of belonging. With food, games, arts, and sports activities, it was inspiring to witness people engaging, building relationships, and creating lasting memories together.

Equally important is our recognition of the volunteers and communities whose dedication makes our work possible. In Zimbabwe, we held a volunteer dinner during the festive season to acknowledge their contributions and to strategize on enhancing community engagement. In the UK, we hosted a combined volunteers and participants Christmas dinner, providing an opportunity for the people who support our work and the beneficiaries themselves to share experiences, celebrate achievements, and reflect on the positive impact of our programs. Hearing directly from participants about how our initiatives have shaped their lives was both humbling and motivating, reinforcing our commitment to creating meaningful, lasting change.

Performance

This year demonstrated steady growth and resilience across the organisation. Outreach efforts expanded, and key partnerships were successfully established, enhancing our visibility and overall impact. The app project continues to progress, with notable milestones achieved. In Zimbabwe, agricultural activities commenced, laying the foundation for future income generation. While the office experienced administrative and financial challenges, efforts to fully establish it are ongoing. A major organisational milestone was reached with the expansion of personnel and the launch of our Kenya team, strengthening our regional presence.

Overall, the organisation met several of its objectives, navigated challenges effectively, and positioned itself for stronger performance in the year ahead. In the UK, our Mothers Wellness Club has grown substantially, running consistently since its inception. The programme's impact is increasingly visible, and we anticipate further growth and influence in the coming years.

Financial Review

At the close of the financial year 2023/2024, the charity recorded total income of **57,352.75** against expenses of **65,651.16**, resulting in a **deficit of 8,298.41**. Monthly analysis shows fluctuating performance, with significant deficits in months such as March (**2,151.99**) and May (**3,620.10**), largely driven by high expenditure relative to income. Notably, April and October stood out as the strongest months, posting surpluses of **1,791.70** and **1,647.54**, respectively, reflecting the impact of substantial one-off inflows during those periods. Despite these positive highlights, the majority of the months closed in deficit, pulling down the overall year-end position.

Future Plans

Our focus for the year ahead is to plan our 5-year strategy plan and work towards achieving quarterly targets and goals. This year, we are looking to accomplish the following:

- Continued partnership with Professors Without Borders

- Set up a community hub in Kenya
- Establishing five family community hubs in the UK

- Harvest our first crop in Zimbabwe
- Finalise the health app

- Open our offices in Zimbabwe,

Harare.

- Strengthening fundraising to meet programme demand


Partners

Africa Healing Foundation collaborates with a wide range of stakeholders, including government ministries, institutions, and local departments, to deliver impactful programs across Zimbabwe, Kenya, and the UK. We are deeply grateful for the support we receive from both local and international funders, as well as the thousands of individual contributors whose generosity sustains our work.

Key partners who have supported our initiatives include: Postcode Lottery Trust (UK), InKind Direct (UK), Redbridge Council (UK), University of Nairobi (Kenya), Women's University (Zimbabwe), Catholic University (Zimbabwe), Professors Without Borders (UK), Early Years Alliance (UK), Rusike Clinic (Zimbabwe), PCEA Kandara (Kenya), Livyana, Sports England (UK), The National Lottery Community Fund (UK), Fullwell Cross Library (UK), and Limes Farm Community Centre (UK). Their collaboration and trust enable us to expand our reach, enhance program quality, and create sustainable, meaningful change in the communities we serve.

Declaration

The trustees declare that they have approved the trustees' report above. Signed on behalf of the charity's trustees.

Signature 

Full Name: Gary Mapanda

Position: Chair

Date: 31-08-2024

RECEIPTS AND PAYMENTS ACCOUNTS

For the year ended 31st October 2024

	<u>Restricted funds</u> £	<u>Unrestricted funds</u> £	<u>Totals</u> £
<u>Receipts</u>			
Grants	39,672.50		39,672.50
Donations		9,543.14	9,543.14
Other income		8,137.11	8,137.11
<u>Totals</u>	39,672.50	17,680.25	57,352.75
<u>Payments</u>			
Administrative		22,392.64	22,392.64
Activities and programs		15,284.65	15,284.65
Farming		12,588.40	12,588.40
Others		7,583.76	7,583.76
<u>Totals</u>		65,651.16	65,651.16

Charity Number: 1196223

AFRICA HEALING FOUNDATION

FINANCIAL REPORT

01 NOVEMBER 2023 TO 31 OCTOBER 2024

AFRICA HEALING FOUNDATION
ADMINISTRATIVE INFORMATION

CHARITY NUMBER: 1196223

TREASURER Sylvia Kamanda

REGISTERED OFFICE: 86 -90 Paul Street
London
EC2A 4NE

CHAIRMAN ; Gary Mapanda

Africa Healing Foundation

Independent Examiner's Report to the Trustees of African Healing Foundation

For the year ended 31 October 2024

I report on the accounts of the charity for the year ended 31 October 2024, which are set out on pages 4 to 6

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 Charity accounts carried out under Section 145 of the 2011 Act and in carrying out my examination , I have followed the 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 which gives me cause to believe that in , any material respect :

- accounting records were not kept in accordance with section 130 of the Act
or
- the accounts do not accord with the accounting records

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

Noel Kamanga , AAT
Accountant
Graluya Accounting,
Email : graluyaaccts@gmail.com

Date 26th September 2025

10 Brain Road
Witham, Essex
CM8 1LB

RECEIPTS & PAYMENTS
For the Period to 31 October 2024

	<u>Notes</u>	Restricted Funds	Unrestricted Funds	Total
		£	£	£
<u>RECEIPTS</u>				
Grant Fund		39,672.50	-	39,672.50
Donations	1	-	9,543.14	9,543.14
Other Income		<u>-</u>	<u>8,137.11</u>	<u>8,137.11</u>
Total Receipts		<u>39,672.50</u>	<u>17,680.25</u>	<u>57,352.75</u>
 <u>PAYMENTS</u>				
Charitable Activities	2	15,284.65	-	15,284.65
Administration Expenses	3	11,799.45	18,394.90	30,194.35
Farming	4	12,588.40	-	12,588.40
Other Expenses		<u>-</u>	<u>7,583.76</u>	<u>7,583.76</u>
Sub Total		<u>39,672.50</u>	<u>25,978.66</u>	<u>65,651.16</u>
Asset & Investment Purchases		<u>0</u>	<u>0</u>	<u>0</u>
Total Payments		<u>39,672.50</u>	<u>25,978.66</u>	<u>65,651.16</u>
Net of Receipts/payments		<u>0</u>	<u>(8,298.41)</u>	<u>(8,298.41)</u>
 Transfers between Funds				
Cash funds last year end		<u>0</u>	<u>53.00</u>	<u>53.00</u>
Total Funds this year C/fwd		<u>0</u>	<u>(8,245.41)</u>	<u>(8,245.41)</u>

Statement of Assets & Liabilities at the end of the period

	£	£
Cash Funds :		
Cash at bank	<u> 0</u>	<u>(8,245.41)</u>
Total cash Funds	<u> 0</u>	<u>(8,245.41)</u>

The Financial Statement were approved by the Trustees on behalf of all the Trustees on 31 August 2025 and signed on their behalf by:

Gary Mapanda
Chair

Notes to the Financial Statements

RECEIPTS

1. The income was mainly from donations given by individuals and Board members.

PAYMENTS

2. This expense item mostly consists of Cost of hosting the charity activities and projects , Venue Costs, support costs for charity activities and projects e.t.c, Clearance fees, storage costs & logistics

	£
Charitable activities	<u>15,284.65</u>

3. These payments were in line with administrative support activities by the charity.

	£
Administration costs	<u>30,194.35</u>

4. Farming activities
- | | |
|--|------------------|
| | £ |
| | <u>12,588.40</u> |

AFRICA HEALING FOUNDATION

England & Wales - Charity number 1196223

Accounts

Charity Number: 1196223

AFRICA HEALING FOUNDATION
REPORT AND FINANCIAL STATEMENTS
01 NOVEMBER 2022 – 31ST OCTOBER 2023

Africa Healing Foundation

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For the year ended 31 October 2023

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Africa Healing Foundation

Administrative Details

For the year ended 31 October 2023

Charity Name: Africa Healing Foundation

Charity number: 1196223

Registered address: 86-90 Paul Street,
London, United Kingdom
EC2A 4NE

Trustees Those who served during the year and up to the date of this report :

Gary Mapanda (Chair Person)

Everlyne Mapanda (Trustee)

Sylvia Njuguna (Trustee)

Pule Chisokwa (Trustee)

Edwin Chirenda (Trustee)

Gurpreet Singh (Trustee)

Finance officer Sylvia Njuguna

Bankers Wise
56 Shoreditch High Street
London, E1 6JJ
United Kingdom

African Healing Foundation

Trustees Report (Continued)

For the year ended 31 October 2023

The Trustees present their report and the financial statements for the year ended 31 October 2023.

The financial statements were prepared in accordance with the requirements of the Charities Act 2011 (“the Act”) and the Statement of Recommended Practice-Accounting and Reporting by Charities

Structure, governance & management

The organization was registered on October 20, 2021, as a Charitable Incorporated Organization (CIO).

Every trustee donates their time freely and is not compensated by the organization. At the moment, the organization is self-funded and dependent on grants. This year, we have succeeded by enlisting volunteers in Kenya.

The CIO's goals are as follows: AHF is a global health and community development organization that works to lower poverty and health disparities in underserved areas in the UK and Africa. Our priorities include improving youth empowerment, environmental preservation, building capacity and skills, food security, and agricultural diversity.

Objectives and Activities

- 1.) The Be That Man campaign
- 2.) Starting our agricultural activities
- 3.) Partnering with The Professors Without Borders and the launch of the organisation in Kenya
- 4.) Launching our mobile app

African Healing Foundation

Trustees Report (Continued)

For the year ended 31 October 2023

Every year, the Trustees examine the charity's goals, plans, and operations. This report examines the accomplishments and results of the charity's activities throughout the previous 12 months.

The Trustees provide an account of the accomplishments of every major initiative and the advantages the charity has provided to the populations for whom it was established. The review aids the Trustees in making sure the charity's goals, plans, and actions are still in line with its declared objectives.

When assessing the charity's goals and objectives and organizing its upcoming events, the Trustees have consulted the general guidelines on public benefit provided by the Charity Commission. The Trustees specifically take into account how scheduled activities will support the established goals and objectives.

African Healing Foundation

Trustees Report (Continued)

For the year ended 31 October 2023

Achievements

1. The Be That Man Campaign

We successfully planned the second #BeThatMan Breakfast and Networking Event this year. With this campaign, we want to address the serious consequences of emotional isolation and loneliness that many men face by promoting open communication and offering assistance. Our ultimate goal is to eliminate the stigma attached to men's mental health in order to provide a place where men feel free to express their feelings and have access to essential treatments. Along with AHF volunteers, twenty young people from Women's University, the University of Zimbabwe, and youth activists for mental health and sexual and reproductive health and rights (SRHR) attended the event.

2. Partnership with Professors with no Borders and the Launch of our organization in Kenya

September was the first time we opened for business in Kenya. We collaborated with Professors Without Borders (PROWIBO) to offer a life-changing educational program on mental health to educators, senior citizens, and children living in rural areas as part of the launch. The major objectives of this program, "Stress to Strength," were to support participants in cultivating self-love, promote optimism, and enhance mental health. Important mental health concerns including stress management and anxiety reduction were included in the study. Additionally, it provided helpful methods for cultivating self-love, empowering individuals to prioritize their mental well-being. Integrating physical and mental health to promote resilience and enhance overall well-being was the aim of this holistic approach. This collaborative effort yielded important insights, one of which was the recognition of the necessity of health education, particularly in rural areas of extreme poverty.

African Healing Foundation

Trustees Report (Continued)

For the year ended 31 October 2023

The two involved organizations want to develop a long-term plan that ensures these kinds of initiatives remain successful and enduring by providing access to excellent education. All things considered, this initiative was a terrific starting point for promoting mental health and wellness in rural regions and increasing awareness of mental health concerns, all of which would eventually help these communities flourish and expand. Having the 'Stress to Strength' Workshop for four days gave us the opportunity to positively impact and successfully reach 165 individuals. This significant outreach highlights the breadth and effectiveness of our collaboration with Professors Without Borders (PROWIBO) in promoting mental wellness among educators, senior citizens, and youth residing in remote regions. With this intensive program, we were able to make a big difference in the lives of participants and ultimately create a stronger and more resilient community by providing them with the knowledge and skills they needed to prioritize their mental health and well-being.

3. Mothers Wellness Café

We are ecstatic to share with you the incredible journey we undertook with the support of the National Community Lottery Fund and the Mothers Wellness Club at the Africa Healing Foundation. Looking back on our first month of this groundbreaking initiative, we are really happy and delighted with the positive reception it has garnered since its launch in October 2023. Over 20 women and their precious babies and toddlers now call the women's wellness club home, serving as more than simply a place to socialize. Observing the vibrant community that has developed in our club's nurturing atmosphere is really moving. We have incorporated dance and physical activities into our routine, which benefits moms and their children both. The lively surroundings support our belief that there is a connection between mental and physical health.

African Healing Foundation

Trustees Report (Continued)

For the year ended 31 October 2023

4. Tech Innovation to Healthcare

The journey at the Africa Healing Foundation has been a protracted but immensely rewarding one. As a nonprofit, we are aiming to bring about long-lasting change by thinking beyond the box and devising innovative ways to enhance people's lives and environments. We are excited to announce the upcoming release of our healthcare app, which we believe will completely transform the fight against health inequities. At Africa Healing Foundation, our mission is to provide everyone with access to high-quality, reasonably priced healthcare, education, and opportunities, irrespective of their circumstances or background. As we believe, our new app is a brilliant example of how technology can transform healthcare. The software is presently accessible on the Google Playstore, however we are still awaiting approval for it to be listed on the Apple Store. That's precisely what our health app aims to accomplish. People will have easy access to excellent medical care wherever they are. With just a few clicks, users will be able to manage their health information, schedule visits with doctors, and access educational resources. The software will also have telemedicine capabilities that would enable users to communicate virtually with medical specialists.

African Healing Foundation

Trustees Report (Continued)

For the year ended 31 October 2023

5. Mindplug – Your Mind Matters

This year, we once again hosted the movement and mindset throughout the whole six-week campaign. There was a good-sized group of people at the event. Our health outreach programs promote social interaction and community participation via movement, which creates an environment that supports physical activity and healthy living.

On the other hand, we have been growing our Mindplug mental health area, providing psychoeducation, life coaching techniques, artistic endeavors, customized mental health assistance, and a safe space for people to socialize. We have guests this year who came to share their life experiences and wisdom. In the UK, we're fostering a sense of community by getting together and working out with Sport England.

Performance

We have had 35 volunteers this year who have supported and collaborated with us to realize our goal. Thanks to excellent teamwork, we have expanded the organization and established a solid basis. We have volunteers working with the UK in Kenya and Zimbabwe.

Financial Review

The charity is currently self-funded and supported by grants and donations received. It has been mainly getting their funding from donations from board members, together the board members managed to raise a total of £17,993. The total expenditure for the year was £17,962. The charity had a planned surplus of £31 in the year.

Africa Healing Foundation

Trustees Report (Continued)

For the year ended 31 October 2023

Reserves policy

The Trustees have considered the charity's requirements for the reserves in light of the, risks, main requirements and timing of activities of the charity.

And so the charity have in place a reserve policy that is reviewed annually to ensure that the appropriate levels of reserves are maintained in order to safeguard the charity's service commitment in the event of delays in receipt of grants, donations and other income. In line with this the charity aims to hold unrestricted reserves amounting to 2 months average expenditure , which is about £3,850 , the actual reserve at the year end was £31 and this was because of a planned breakeven margin .

Future Plans

Our focus for the year ahead is to plan our 5 year strategy plan and work within achieving targets and goals every quarter of the year. This year we are looking to accomplish the below:

- Continued partnership with Prowibo and Livyana
- Open our offices in Zimbabwe, Harare.
- Build new partnerships with Universities and cooperate world.
- continue farming project in Zimbabwe.

African Healing Foundation

Trustees Report (Continued)

For the year ended 31 October 2023 _____.

Statement of Responsibility of Trustees

The Trustees are responsible for preparing the report of the trustees and the Financial Statements in accordance with methods and principles in the Charities SORP.

The Trustees are required to prepare financial statements on the going concern basis, unless otherwise and to make judgements and estimates that are reasonable and prudent.

Declaration

The trustees declare that they have approved the trustees report above.

Signed on behalf of the charity's trustees.

Signature

Full Name: Gary Mapanda

Position: Chair

Date: 12 July 2024

Africa Healing Foundation

Receipts & payments Accounts

For the year ended 31 October 2023

31 October 2023

	<u>Notes</u>	Unrestricted Funds	Restricted Funds	Total
		£	£	£
<u>RECEIPTS</u>				
Grant Fund		-	-	-
Donations	1	11,338	-	11,338
Other Income		<u>6,655</u>	<u>-</u>	<u>6,655</u>
Total Receipts		<u>17,993</u>	<u>0</u>	<u>17,993</u>
<u>PAYMENTS</u>				
Charitable Activities	2	9,305	-	9,305
Administration Expenses	3	5,201	-	5,201
Other Expenses	4	<u>3,456</u>	<u>-</u>	<u>3,456</u>
Sub Total		<u>17,962</u>	<u>0</u>	<u>17,962</u>
Asset & Investment Purchases		<u>0</u>	<u>0</u>	<u>0</u>
Total Payments		<u>17,962</u>	<u>0</u>	<u>17,962</u>
Net of Receipts/payments		<u>31</u>	<u>0</u>	<u>31</u>
Transfers between Funds				
Cash funds last year end		<u>22</u>	<u>0</u>	<u>22</u>
Total Funds this year C/fwd		<u>53</u>	<u>0</u>	<u>53</u>

Africa Healing Foundation

Statements of Assets & Liabilities at the end of the period

For the year ended 31 October 2023

	31 October 2022	
	£	£
Cash Funds :		
Cash at bank	<u>53</u>	<u>0</u>
Total cash Funds	<u>53</u>	<u>0</u>

The Financial Statement were approved by the Trustees on behalf of all the Trustees on 12 July 2024 and signed on their behalf by:

Gary Mapanda
Chair

Africa Healing Foundation

Notes to the Financial Statements

For the year ended 31 October 2023

RECEIPTS

1. The income was mainly from donations given by individuals and Board members.

PAYMENTS

2. This expense item mostly consists of Cost of hosting the charity awareness activities , the Venue Cost, **support costs** for charity activities e.t.c shipping, Clearance fees, storage costs & logistics

£

Charitable activities	<u>9,305</u>
-----------------------	--------------

3. These payments were in line with administrative support activities by the charity.

£

Administration costs	<u>5,201</u>
----------------------	--------------

£

4. Website design & app services 3,456



CHARITY COMMISSION
FOR ENGLAND AND WALES

Charity Name AFRICA HEALING FOUNDATION	No 119623
--	--------------

CC16a

Receipts and payments accounts

For the period from	Period start date 11/1/2022	To	Period end date 10/31/2023
------------------------	--------------------------------	----	-------------------------------

Section A Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
A1 Receipts					
Grant Fund	-	-	-	-	-
Donations	11,338	-	-	11,338	-
Other Income	6,655	-	-	6,655	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total (Gross income for AR)	17,993	-	-	17,993	-
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	17,993	-	-	17,993	-
A3 Payments					
Charitable Activities	9,305	-	-	9,305	-
Administration Expenses	5,201	-	-	5,201	-
Other Expenses	3,456	-	-	3,456	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total	17,962	-	-	17,962	-
A4 Asset and investment purchases, (see table)					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	17,962	-	-	17,962	-
Net of receipts/(payments)	31	-	-	31	-
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	22	-	-	22	-
Cash funds this year end	53	-	-	53	-

Section B Statement of assets and liabilities at the end of the period

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B1 Cash funds	Cash at Bank	53	-	-
		-	-	-
		-	-	-
	Total cash funds	53	-	-
	(agree balances with receipts and payments account(s))	OK	OK	OK

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B2 Other monetary assets		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-

Categories	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B3 Investment assets			-	-
			-	-
			-	-
			-	-
			-	-

Categories	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B4 Assets retained for the charity's own use		Unrestricted	-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-

Categories	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
B5 Liabilities			-	
			-	
			-	
			-	
			-	

Signed by one or two trustees on behalf of all the trustees

Signature	Print Name	Date of approval
<i>S Kamanda</i>	SYLVIA NJUGUNA	7/12/2024

AFRICA HEALING FOUNDATION

England & Wales - Charity number 1196223

Accounts

Charity Number: 1196223

AFRICA HEALING FOUNDATION
REPORT AND FINANCIAL STATEMENTS
20TH OCTOBER 2021 – 31ST OCTOBER 2022

Africa Healing Foundation

Contents

For the year ended 31 October 2022

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Report of the Trustees	3
Independent examiner's report	9
Statement of Financial Activities (Receipts & Payments account)	10
Notes to the financial statements	12

Africa Healing Foundation

Administrative Details

For the year ended 31 October 2022

Charity Name: Africa Healing Foundation

Charity number: 1196223

Registered address: 86-90 Paul Street,
London, United Kingdom
EC2A 4NE

Trustees Those who served during the year and up to the date of this report :

Gary Mapanda (Chair Person)

Everlyne Mapanda (Trustee)

Sylvia Njuguna (Trustee)

Pule Chisokwa (Trustee)

Edwin Chirenda (Trustee)

Gurpreet Singh (Trustee)

Finance officer Sylvia Njuguna

Bankers Wise
56 Shoreditch High Street
London, E1 6JJ
United Kingdom

Independent Examiner Noel Kamanga
Graluya Accounting
10 Brain Road
Witham, Essex
CM8 1LB

Africa Healing Foundation

Trustees Report

For the year ended 31 October 2022

The Trustees present their report and the Independently examined financial statements for the year ended 31 October 2022.

The financial statements were prepared in accordance with the requirements of the Charities Act 2011 (“the Act”) and the Statement of Recommended Practice-Accounting and Reporting by Charities

Structure, governance & management

The organisation is a Charitable Incorporated Organisation (CIO) registered on 20th October 2021.

All Trustees give their time voluntarily and receive no benefits from the charity. The organisation is currently self-funded and supported by grants received. We have managed this year by recruiting volunteers within the UK and Zimbabwe.

The objects of the CIO are: AHF is an international health and community development organisation working to reduce health inequalities and poverty in marginalised communities in Africa and UK. Our focus is strengthening healthcare, developing capacity and skills, environmental conservation, youth empowerment, food security and agricultural diversification.

Objectives and Activities

- 1.) The men’s mental health which focuses on mens mental health due to the increase in male suicides, we held outreaches during mental health week and hosted the 30 men 30 day challenge were men from different works of life came online to share their stories, struggles, challenges and wins, through this exercise men felt heard.
- 2.) We received our first donations of PPE and Vitamins from Vitamin Angels which were donated in Zimbabwe in Goromonzi.

Africa Healing Foundation

Trustees Report (Continued)

For the year ended 31 October 2022

The Trustees review the aims, objectives and activities of the charity each year. This report looks at what the charity has achieved and the outcomes of its work within the last twelve months. The Trustees report the success of each key activity and the benefits the charity has brought to those groups of people that it is set up to help. The review also helps the Trustees ensure the charity's aims, objectives and activities remained focused on its stated purposes.

The Trustees have referred to the guidance contained in the Charity Commission's general guidance on public benefit when reviewing the charity's aims and objectives and in planning its future activities. In particular, the Trustees consider how planned activities will contribute to the aims and objectives that have been set.

Achievements

1. Exchange Program Partnership Work

In March 2022 we went out to India and received the opportunity to engage three top universities with whom we aim to establish partnerships for faculty exchanges, intellectual and student exchange programs. The trip was a success and we are delighted to update that Memorandums of Understanding have been signed with three universities that specialize in engineering, medicine and nursing. The organisation has since been introduced to the Ministry of Health and Child care in Zimbabwe and plans are underway to send the first students to India in 2023.

All programs are expected to commence in the final quarter of 2023. This will be a great initiative that helps the organization realize its goal to develop youths and relations with other countries.

Africa Healing Foundation

Trustees Report (Continued)

For the year ended 31 October 2022

2. Partnership with Prowibo and Livyana

The MOU between us and Prowibo was signed, and our collaboration will start on January 12 2023. We have also entered into a collaboration with Livyana, which will be incorporated into our app, to allow individuals a place to anonymously discuss their health experiences. Due to difficulties in obtaining funding, we will begin charging for the bulk of our programs, particularly those that take place in cities. This will enable us to generate some revenue for our

organisation so that we keep operating and afford the costs of improving the efficiency of our operations.

3. Mothers Wellness Cafe

Our mothers wellness café based in Essex, United Kingdom is funded by the National Lottery, this project aims to help mothers to maintain a positive mental health whilst navigating motherhood, with over 20 women attending each session every Wednesday morning. We know that motherhood can become isolating and often mothers struggle with their mental health. This space is for mothers to come together and connect. They receive coaching on building resilience, confidence and self esteem to enable them to strive in their society and also has enabled them to make connections and have lasting relationships with mothers in their communities

4. 30 Men 30 Days Campaign

We created this campaign to create awareness around men's mental health both physical and mental, we showcased personal stories of men's health experience, highlighting the challenges, vulnerability and how they were able to overcome to give strategies and hope to men going through what they went through. Through this campaign we have successfully tackled the stigma that keep men from seeking support for their mental health and we have opened a safe space for them to reach to us in these moments.

Africa Healing Foundation

Trustees Report (Continued)

For the year ended 31 October 2022

5. Mindplug – Your Mind Matters

As a part of our mental health initiative we have created a space to share all things mental health which our amazing team is doing to support communities and raise awareness and tackle mental health stigma.

We launched our very first online virtual support whatsapp group chat which has been growing with an active 128 participants, members from different parts of the world, UK, Zimbabwe, Kenya, Canada, on this platform we deliver psychoeducation, life coaching skills, creative activities, mental health personalised support and a safe space for people to connect. We also have guest who come along to share their life experience and learning. Spaces like this give people the opportunity to learn and bring about a sense of unity in that we know we are not alone even during our struggles.

Performance

During this year we have had 40 volunteers that have helped through and believed in our vision, with great team work we have managed to execute local community outreaches, grow the organisation and begin a stable foundation. We have volunteers with the UK and in Zimbabwe and have began establishing a team in Kenya.

Financial Review

The charity is currently self-funded and supported by grants and donations received. It has been mainly getting their funding from donations from board members, together the board members managed to raise a total of £25,697 in order to get the charity up and running and begin working on the ground.

With great support from the public the charity has received donations from the community £1,416 and grant funding for 3 projects have been approved and our funders have given us a total of £10,873 in order to cater for our projects based here in the UK.

The total expenditure for the year was £37,964. The charity had a planned surplus of £22 in the year.

Africa Healing Foundation

Trustees Report (Continued)

For the year ended 31 October 2022

Reserves policy

The Trustees have considered the charity's requirements for the reserves in light of the, risks, main requirements and timing of activities of the charity.

And so the charity have in place a reserve policy that is reviewed annually to ensure that the appropriate levels of reserves are maintained in order to safeguard the charity's service commitment in the event of delays in receipt of grants, donations and other income. In line with this the charity aims to hold unrestricted reserves amounting to 2 months average expenditure , which is about £4,600 , the actual reserve at the year end was £22 and this was because of a planned breakeven margin .

Future Plans

Our focus for the year ahead is to plan our 5 year strategy plan and work within achieving targets and goals every quarter of the year. This year we are looking to accomplish the below:

- Exchange partnership program to launch in 2023.
- Continued partnership with Prowibo and Livyana
- Open our offices in Zimbabwe, Harare.
- Build new partnerships.
- Begin farming project in Zimbabwe.

African Healing Foundation

Trustees Report (Continued)

For the year ended 31 October 2022 _____.

Statement of Responsibility of Trustees

The Trustees are responsible for preparing the report of the trustees and the Financial Statements in accordance with methods and principles in the Charities SORP.

The Trustees are required to prepare financial statements on the going concern basis, unless otherwise and to make judgements and estimates that are reasonable and prudent.

Declaration

The trustees declare that they have approved the trustees report above.

Signed on behalf of the charity's trustees.

Signature

Full Name: Gary Mapanda

Position: Chair

Date:

Africa Healing Foundation

Independent Examiner's Report to the Trustees of African Healing Foundation

For the year ended 31 October 2022

I report on the accounts of the charity for the year ended 31 October 2022, which are set out on pages 10 to 11

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 Charity accounts carried out under Section 145 of the 2011 Act and in carrying out my examination, I have followed the 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 which gives me cause to believe that in any material respect :

- accounting records were not kept in accordance with section 130 of the Act
- or
- the accounts do not accord with the accounting records

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

Noel Kamanga , AAT , ACCA 2
Accountant
Graluya Accounting,
Email : graluyaaccts@gmail.com

Date 24th February 2023

10 Brain Road
Witham, Essex
CM8 1LB

Africa Healing Foundation

Receipts & payments Accounts

For the year ended 31 October 2022

31 October 2022

	<u>Notes</u>	Unrestricted Funds £	Restricted Funds £	Total £
<u>RECEIPTS</u>				
Grant Fund	1	-	9,373	9,373
Donations	2	23,668	1,500	25,168
Other Income		<u>3,445</u>	<u>-</u>	<u>3,445</u>
Total Receipts		<u>27,113</u>	<u>10,873</u>	<u>37,986</u>
<u>PAYMENTS</u>				
Charitable Activities	3	15,411	10,873	26,284
Administration Expenses	4	6,810	-	6,810
Other Expenses	5	<u>4,146</u>	<u>-</u>	<u>4,146</u>
Sub Total		<u>26,367</u>	<u>10,873</u>	<u>37,240</u>
Asset & Investment Purchases		<u>724</u>	<u>0</u>	<u>724</u>
Total Payments		<u>27,091</u>	<u>10,873</u>	<u>37,964</u>
Net of Receipts/payments		<u>22</u>	<u>0</u>	<u>22</u>
Transfers between Funds				
Cash funds last year end		<u>0</u>	<u>0</u>	<u>0</u>
Total Funds this year C/fwd		<u>22</u>	<u>0</u>	<u>22</u>

Africa Healing Foundation

Statements of Assets & Liabilities at the end of the period

For the year ended 31 October 2022

	31 October 2022	
	£	£
Cash Funds :		
Cash at bank	<u>22</u>	<u>0</u>
Total cash Funds	<u>22</u>	<u>0</u>

Assets Retained for the Charity's own use:

	Unrestricted Fund	Cost
	£	£
Laptops	<u>724</u>	<u>724</u>

The Financial Statement were approved by the Trustees on behalf of all the Trustees on 24 February 2023 and signed on their behalf by:

Gary Mapanda
Chair

Africa Healing Foundation

Notes to the Financial Statements

For the year ended 31 October 2022

RECEIPTS

1. The Main grant is from National Lottery Community Fund UK, it was given towards the mother wellness café project.
2. The donation amounts were given by individuals ,institutions and Board members. Of which specifically £1,000 was given by Arnold Clark Autom in form of the Mothers wellness Vouchers. £500 was from Local Giving Ltd UK and it was for confidence building.

PAYMENTS

3. This expense item mostly consists of Cost of hosting the charity awareness activities , the Venue Cost, **support costs** for charity activities e.t.c shipping, Clearance fees, storage costs & logistics

£

Events	5,214
Project activities	10,823
Support Costs	<u>10,247</u>

26,284

4. These payments were in line with administrative support activities by the charity.

£

Staff costs and Transport	5,169
Other admin costs	<u>1,641</u>

6,810

5. Expenses in line cost of Website design & app services

£ 4,146

Charity Number: 1196223

AFRICA HEALING FOUNDATION

FINANCIAL REPORT

20 OCTOBER 2021 TO 31 OCTOBER 2022

AFRICA HEALING FOUNDATION

ADMINISTRATIVE INFORMATION

CHARITY NUMBER: 1196223

TREASURER Sylvia Kamanda

REGISTERED OFFICE: 86 -90 Paul Street
London
EC2A 4NE

CHAIRMAN ; Gary Mapanda

Independent Examiner's Report to the Charity

For the year ended 31 October 2022

I report to the trustees on my examination of the accounts of the above charity for the year ended 31 October 2022 .

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 Charity accounts carried out under Section 145 of the 2011 Act and in carrying out my examination , I have followed the 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 which gives me cause to believe that in , any material respect :

- accounting records were not kept in accordance with section 130 of the Act
or
- the accounts do not accord with the accounting records

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

Noel Kamanga , AAT , ACCA 2
Accountant
Graluya Accounting,
Email : graluyaaccts@gmail.com

Date 08 February 2023

10 Brain Road
Witham, Essex
CM8 1LB

RECEIPTS & PAYMENTS

For the Period to 31 October 2022

	<u>Notes</u>	Unrestricted Funds	Restricted Funds	Total
		£	£	£
<u>RECEIPTS</u>				
Grant Fund	1	-	9,373	9,373
Donations	2	23,668	1,500	25,168
Other Income		<u>3,445</u>	<u>-</u>	<u>3,445</u>
Total Receipts		<u>27,113</u>	<u>10,873</u>	<u>37,986</u>
<u>PAYMENTS</u>				
Charitable Activities	3	15,411	10,873	26,284
Administration Expenses	4	6,810	-	6,810
Other Expenses	5	<u>4,146</u>	<u>-</u>	<u>4,146</u>
Sub Total		<u>26,367</u>	<u>10,873</u>	<u>37,240</u>
Asset & Investment Purchases		<u>724</u>	<u>0</u>	<u>724</u>
Total Payments		<u>27,091</u>	<u>10,873</u>	<u>37,964</u>
Net of Receipts/payments		<u>22</u>	<u>0</u>	<u>22</u>
Transfers between Funds				
Cash funds last year end		<u>0</u>	<u>0</u>	<u>0</u>
Total Funds this year C/fwd		<u>22</u>	<u>0</u>	<u>22</u>

Statement of Assets & Liabilities at the end of the period

	£	£
Cash Funds :		
Cash at bank	<u>22</u>	<u>0</u>
Total cash Funds	<u>22</u>	<u>0</u>

Assets Retained for the Charity's own use:

	Unrestricted Fund	Cost
	£	£
Laptops	<u>724</u>	<u>724</u>

The Financial Statement were approved by the Trustees on behalf of all the Trustees on 08 February 2023 and signed on their behalf by:

Gary Mapanda
Chair

Notes to the Financial Statements

RECEIPTS

1. The Main grant is from National Lottery Community Fund UK, it was given towards the mother wellness café project.
2. The donation amounts were given by individuals ,institutions and Board members. Of which specifically £1,000 was given by Arnold Clark Autom in form of the Mothers wellness Vouchers. £500 was from Local Giving Ltd UK and it was for confidence building.

PAYMENTS

3. This expense item mostly consists of Cost of hosting the charity awareness activities , the Venue Cost, **support costs** for charity activities e.t.c shipping, Clearance fees, storage costs & logistics

	£
Events	5,214
Project activities	10,823
Support Costs	<u>10,247</u>
	<u>26,284</u>

4. These payments were in line with administrative support activities by the charity.

	£
Staff costs and Transport	5,169
Other admin costs	<u>1,641</u>
	<u>6,810</u>

5. Expenses in line cost of Website design & app services

£ 4,146



Section A

Independent Examiner's Report

**Report to the trustees/
members of**

Charity Name
AFRICA HEALING FOUNDATION

**On accounts for the year
ended**

31/10/2022

Charity no 1196223

Set out on pages

Pages 9 to 11

P(remember to include the page numbers of additional sheets)

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended 31/10/2022.

**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 2011 Act and in carrying out my examination, I have followed the 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 (other than that disclosed below *) in connection with the examination which gives me cause to believe that in, any material respect:

- accounting records were not kept in accordance with section 130 of the Act or
- the accounts do not accord with the accounting records

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

** Please delete the words in the brackets if they do not apply.*

Signed: *N. Kamanga*

Date: 07/02/2023

Name: Noel Kamanga

**Relevant professional
qualification(s) or body
(if any):**

AAT, ACCA 2

Address:

10 Brain Road

Witham, Essex

CM8 1LB

Section B

Disclosure

Only complete if the examiner needs to highlight matters of concern (see CC32, Independent examination of charity accounts: directions and guidance for examiners).

Give here brief details of any items that the examiner wishes to disclose.