

**Charity Number: 1196223**

**AFRICA HEALING FOUNDATION**  
**REPORT AND FINANCIAL STATEMENTS**  
**20<sup>TH</sup> OCTOBER 2021 – 31<sup>ST</sup> OCTOBER 2022**

# **Africa Healing Foundation**

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**For the year ended 31 October 2022**

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## **Africa Healing Foundation**

### **Administrative Details**

**For the year ended 31 October 2022**

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**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 20<sup>th</sup> 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**

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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**

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#### **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**

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#### **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**

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#### **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**

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#### **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 24<sup>th</sup> 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>	<b>Unrestricted Funds</b> £	<b>Restricted Funds</b> £	<b>Total</b> £
<b><u>RECEIPTS</u></b>				
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>
<b>Total Receipts</b>		<u>27,113</u>	<u>10,873</u>	<u><b>37,986</b></u>
<b><u>PAYMENTS</u></b>				
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>
<b>Sub Total</b>		<u>26,367</u>	<u>10,873</u>	<u><b>37,240</b></u>
Asset & Investment Purchases		<u>724</u>	<u>0</u>	<u>724</u>
<b>Total Payments</b>		<u>27,091</u>	<u>10,873</u>	<u><b>37,964</b></u>
Net of Receipts/payments		<u><b>22</b></u>	<u>0</u>	<u>22</u>
Transfers between Funds				
Cash funds last year end		<u>0</u>	<u>0</u>	<u>0</u>
<b>Total Funds this year C/fwd</b>		<u><b>22</b></u>	<u><b>0</b></u>	<u><b>22</b></u>

## Africa Healing Foundation

### Statements of Assets & Liabilities at the end of the period

**For the year ended 31 October 2022** .

	31 October 2022	
	£	£
<b>Cash Funds :</b>		
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**

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### **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

**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>	<b>Unrestricted Funds</b>	<b>Restricted Funds</b>	<b>Total</b>
.		£	£	£
<b><u>RECEIPTS</u></b>				
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>
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<b>Total Payments</b>		<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>
<b>Total Funds this year C/fwd</b>		<u>22</u>	<u>0</u>	<u>22</u>

### **Statement of Assets & Liabilities at the end of the period**

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