

**Charity Number: 1196223**

**AFRICA HEALING FOUNDATION**  
**REPORT AND FINANCIAL STATEMENTS**  
**01 NOVEMBER 2022 – 31<sup>ST</sup> 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**

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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

## **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**

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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**

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### **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**

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#### **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**

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#### **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**

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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 £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**

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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: 12 July 2024

# Africa Healing Foundation

## Receipts & payments Accounts

**For the year ended 31 October 2023**

31 October 2023

	<u>Notes</u>	<b>Unrestricted Funds £</b>	<b>Restricted Funds £</b>	<b>Total £</b>
<b><u>RECEIPTS</u></b>				
Grant Fund		-	-	-
Donations	1	11,338	-	11,338
Other Income		<u>6,655</u>	<u>-</u>	<u>6,655</u>
<b>Total Receipts</b>		<u>17,993</u>	<u>0</u>	<u>17,993</u>
<b><u>PAYMENTS</u></b>				
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>
<b>Sub Total</b>		<u>17,962</u>	<u>0</u>	<u>17,962</u>
Asset & Investment Purchases		<u>0</u>	<u>0</u>	<u>0</u>
<b>Total Payments</b>		<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>
<b>Total Funds this year C/fwd</b>		<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**

	£	£
<b>Cash Funds :</b>		
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**

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

£

Administration costs	<u>5,201</u>
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£

- |                                  |              |
|----------------------------------|--------------|
| 4. Website design & app services | <u>3,456</u> |
|----------------------------------|--------------|



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
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### 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 £
<b>A1 Receipts</b>					
Grant Fund	-	-	-	-	-
Donations	11,338	-	-	11,338	-
Other Income	6,655	-	-	6,655	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total (Gross income for AR)</b>	17,993	-	-	17,993	-
<b>A2 Asset and investment sales, (see table).</b>					
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	-	-	-	-	-
<b>Total receipts</b>	17,993	-	-	17,993	-
<b>A3 Payments</b>					
Charitable Activities	9,305	-	-	9,305	-
Administration Expenses	5,201	-	-	5,201	-
Other Expenses	3,456	-	-	3,456	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	17,962	-	-	17,962	-
<b>A4 Asset and investment purchases, (see table)</b>					
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	-	-	-	-	-
<b>Total payments</b>	17,962	-	-	17,962	-
<b>Net of receipts/(payments)</b>	31	-	-	31	-
<b>A5 Transfers between funds</b>	-	-	-	-	-
<b>A6 Cash funds last year end</b>	22	-	-	22	-
<b>Cash funds this year end</b>	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 £
<b>B1 Cash funds</b>	Cash at Bank	53	-	-
		-	-	-
		-	-	-
	<b>Total cash funds</b>	53	-	-
	(agree balances with receipts and payments account(s))	OK	OK	OK
<b>B2 Other monetary assets</b>	Details			
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
<b>B3 Investment assets</b>	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
			-	-
			-	-
			-	-
			-	-
			-	-
<b>B4 Assets retained for the charity's own use</b>	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
		Unrestricted	-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
<b>B5 Liabilities</b>	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
			-	
			-	
			-	
			-	
			-	
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	