

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

**TRUSTEES ANNUAL REPORT 01<sup>st</sup> NOVEMBER 2023 –  
31<sup>st</sup> 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 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. 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> £
<b><u>Receipts</u></b>			
Grants	39,672.50		39,672.50
Donations		9,543.14	9,543.14
Other income		8,137.11	8,137.11
<b><u>Totals</u></b>	<b>39,672.50</b>	<b>17,680.25</b>	<b>57,352.75</b>
<b><u>Payments</u></b>			
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
<b><u>Totals</u></b>		<b>65,651.16</b>	<b>65,651.16</b>

**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 26<sup>th</sup> September 2025

10 Brain Road  
Witham, Essex  
CM8 1LB

**RECEIPTS & PAYMENTS**  
**For the Period to 31 October 2024**

	<u>Notes</u>	<b>Restricted Funds</b>	<b>Unrestricted Funds</b>	<b>Total</b>
		£	£	£
<b><u>RECEIPTS</u></b>				
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>
<b>Total Receipts</b>		<b><u>39,672.50</u></b>	<b><u>17,680.25</u></b>	<b><u>57,352.75</u></b>
<b><u>PAYMENTS</u></b>				
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>
<b>Sub Total</b>		<b><u>39,672.50</u></b>	<b><u>25,978.66</u></b>	<b><u>65,651.16</u></b>
Asset & Investment Purchases		<u>0</u>	<u>0</u>	<u>0</u>
<b>Total Payments</b>		<b><u>39,672.50</u></b>	<b><u>25,978.66</u></b>	<b><u>65,651.16</u></b>
Net of Receipts/payments		<b><u>0</u></b>	<b><u>( 8,298.41)</u></b>	<b><u>( 8,298.41)</u></b>
Transfers between Funds				
Cash funds last year end		<u>0</u>	<u>53.00</u>	<u>53.00</u>
<b>Total Funds this year C/fwd</b>		<b><u>0</u></b>	<b><u>( 8,245.41)</u></b>	<b><u>( 8,245.41)</u></b>

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

	£	£
<b>Cash Funds :</b>		
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> |
|-----------------------|------------------|