

LUCAS JACOB'S FOUNDATION

England & Wales · Charity number 1198205

Details

Other names	LUCAS FOUNDATION
Status	Registered
Legal form	CIO
Registered	2022-03-10
Register	View on the Charity Commission register

Contact

Address	71 Warren Avenue South Croydon CR2 8HZ
Phone	07985625081
Email	jgronah@btinternet.com

Activities

Objects: TO PRESERVE AND PROTECT THE PHYSICAL AND MENTAL HEALTH OF WOMEN BY PROVIDING INFORMATION ADVICE AND SUPPORT ON OVERCOMING HEALTH RELATED ISSUES, IN PARTICULAR AFRICAN WOMEN AND YOUNG GIRLS ABOUT THE ISSUES THAT AFFECT THEM BY:-- ADVISING ON TREATMENT, PREVENTION AND COPING PHYSICALLY AND MENTALLY WITH THESE DISEASES SUCH AS DIABETES, STROKE AND HEART DISEASE AS WELL AS ISSUES WITH FIBROIDS, CERVICAL AND BREAST CANCER, CARDIOVASCULAR DISEASES AND SEXUALLY RELATED DISEASES;- RAISING AWARENESS OF HEALTH ISSUES THAT AFFECTS WOMEN;- HELPING INDIVIDUALS TO ACCESS INFORMATION FOR GENERAL HEALTH AND WELL-BEING IN ALL STAGES OF LIFE, THROUGH HEALTH PROMOTION, EDUCATION, TRAINING AND ADVOCACY; AND- ORGANISING HEALTH SEMINARS AND OUTREACH PROJECTS FOR THE GENERAL PUBLIC ON HEALTH ISSUES THAT AFFECTS WOMEN.

Activities: Our charity supports African women and young girls' health by providing advice on treatment and prevention of diseases like diabetes, heart disease, and cancer. We raise awareness, offer health information, and conduct seminars and outreach projects. Operating primarily in England and Ghana, we aim to empower women with knowledge and resources for better health.

Classification

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

Geography

- Ghana
- Throughout England

Finances

Period end	Income	Expenditure	Assets	Employees
2025-03-09	£2,500	£2,380	-	-
2024-03-09	£1,500	£1,450	-	-
2023-03-09	£2,800	£2,270	-	-

Trustees

Name	Role	Appointed
Juliana Gronah	Chair	2022-03-10
Dodzi Gronah		2022-03-10
Jerry Gronah		2022-03-10

LUCAS JACOB'S FOUNDATION

England & Wales - Charity number 1198205

Accounts

Lucas Jacob's Foundation
Registered Charity (1198205)

Lucas Jacob's Foundation
Charitable Incorporated Organisation (CIO) No: (1198205)

Trustees' Report and Financial Statements
for the year ended 09 March 2025

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Trustees

Juliana Gronah

Jerry Gronah

Dodzi Gronah

Charitable Incorporated Organisation (CIO) registration number: 1198205

Registered office

71 Warren Avenue

South Croydon

CR2 8HZ

Adviser

Novelty Business Solution Limited

Suite 124, Island Business Centre

18-36 Wellington Street

Woolwich London SE18 6PF

Trustees' Report

The Trustees of Lucas Jacob's Foundation presents their report together with the financial Statement for the year ended 09 March 2025

Principal activities

The principal activities are to preserve and protect the physical and mental health of women, especially African women and young girls, by providing advice, support, and information on health issues, raising awareness, promoting general well-being, and organizing health seminars and outreach projects on diseases like diabetes, stroke, heart disease, fibroids, cancers, cardiovascular, and sexually related diseases.

Trustees

The Trustees of the Charity who held office during the year and too the date of this report are disclosed on page 1.

Management

The management consist of the Trustees (who are not remunerated); the day-to-day management of the Charity is the responsibility of the Trustees and other dedicated volunteers. Volunteers are the ones that get remuneration for the expenses and training offered in other for them to be able to carry out their activities.

Operational structure

All programs of work are managed by the project manager (a volunteer and Trustees). The Trustees provides support and oversight of project and ensures that standards are maintained. Trustees also take the lead on applying for grants, sponsorship, funding, strategic planning and monitoring and evaluation of projects with the organisation.

Lucas Jacob's Foundation and other Charities / organisation

This organization collaborates with other organizations by forming partnerships to enhance its outreach and impact. It engages with healthcare providers, educational institutions, and community groups to share resources and expertise. Joint initiatives include co-hosting health seminars, training programs, and advocacy campaigns. The organization also participates in networks and coalitions focused on women's health, contributing to and benefiting from

shared knowledge and strategies. By working together, these collaborations help amplify efforts to raise awareness, provide education, and support women and young girls in overcoming health-related issues, ensuring a broader and more effective reach in the community.

Principal Risks and Uncertainties Facing the Lucas Jacob's Foundation

Cost of Living Crisis

The Cost of Living Crisis has significantly impacted this organization by increasing the demand for its services as more women and young girls face heightened health challenges due to financial stress. Limited funding and rising operational costs have strained the organization's resources, making it difficult to sustain programs and outreach efforts. Many clients struggle to afford healthcare, increasing reliance on the organization for support and information. Additionally, the crisis has affected the ability to host in-person events and seminars, shifting more activities online, which may limit accessibility for some. Despite these challenges, the organization remains committed to its mission, seeking additional funding and partnerships to continue its vital work.

Response

To manage these risks and uncertainties, the Lucas Jacob's Foundation has a coordinated management structure in place. All volunteers take responsibility for the morale and attitude to work within teams, with goals and targets being supported by the CEO. The Foundation also has a dedicated volunteer who manages its social media presence, coordinating the release of content with the support of the Trustees who share the responsibility of social media. While the Foundation is currently using reserves to provide essential services during the cost-of-living crisis, it recognizes that this is not a sustainable solution and will need to manage its budgets extremely well during the coming year. Overall, the Foundation remains committed to its mission of providing support and assistance to those in need and will continue to work tirelessly to achieve this goal despite the challenges it faces.

Objectives and Activities of the Lucas Jacob's Foundation

The objectives of the Lucas Jacob's Foundation are to preserve and protect women's physical and mental health, especially African women and young girls. Activities include providing advice and support on health issues like diabetes and cancer, raising health awareness,

Lucas Jacob's Foundation
Registered Charity (1198205)

promoting general well-being through education and advocacy, and organizing health seminars and outreach projects to address women's health issues comprehensively.

Respect, Culture, and Uniqueness of Lucas Jacob's Foundation

Respect

The Lucas Jacob's Foundation implements respect by valuing the dignity and autonomy of every individual it serves. It ensures a non-judgmental and supportive environment where women and young girls feel heard and understood. Respect is fostered through active listening, empathetic communication, and culturally sensitive practices. The organization also promotes respect among its staff and volunteers, emphasizing professional conduct and mutual support. By upholding these principles, the foundation builds trust and fosters positive relationships with its clients and community partners.

Culture

Culture is integral to the Lucas Jacob's Foundation, which tailors its programs to reflect and honour the diverse backgrounds of African women and young girls. The foundation incorporates cultural competence into its training and outreach, ensuring that services are relevant and accessible. It celebrates cultural heritage through events and educational materials, promoting pride and identity. By understanding and respecting cultural differences, the foundation effectively addresses health issues in a manner that resonates with its community, enhancing engagement and impact.

Uniqueness

The uniqueness of the Lucas Jacob's Foundation lies in its specialized focus on the health needs of African women and young girls. It combines medical advice with culturally specific support, addressing issues often overlooked by mainstream services. The foundation's approach integrates traditional practices with modern healthcare, offering a holistic perspective. Its programs are uniquely designed to be inclusive and accessible, utilizing community insights to drive initiatives. This distinctive approach ensures that the foundation not only addresses health concerns but also empowers its community through culturally relevant education and support.

Charitable Objectives

The charitable objectives of the Lucas Jacob's Foundation are to preserve and protect the physical and mental health of women, particularly African women and young girls. This is achieved by providing information, advice, and support on overcoming health-related issues, raising awareness of diseases like diabetes and cancer, promoting general well-being through education, training, and advocacy, and organizing health seminars and outreach projects. The foundation aims to empower women and young girls to manage their health effectively and access necessary resources for their well-being.

ACCOUNTS FOR THE PERIOD
for the year ended 09 March 2025

	2024 (£)	2025 (£)
Income		
General Donations	1,500	2,500
Expenditure		
Administrative Cost	179	294
Volunteer Expenses	160	263
Other Travel & Subsistence	339	556
Overheads	447	734
Stationeries	325	533
	1,450	2,380
TOTAL EXPENDITURE		
SURPLUS FOR THE YEAR	50	120

Approved

Trustee

Date

LUCAS JACOB'S FOUNDATION

England & Wales - Charity number 1198205

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Lucas Jacob's Foundation
Charitable Incorporated Organisation (CIO) No: (1198205)

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Jerry Gronah

Dodzi Gronah

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ACCOUNTS FOR THE PERIOD
for the year ended 09 March 2024

	2023 (£)	2024 (£)
Income		
General Donations	2,800	1,500
Expenditure		
Administrative Cost	280	179
Volunteer Expenses	250	160
Other Travel & Subsistence	530	339
Overheads	700	447
Stationeries	510	325
TOTAL EXPENDITURE	2,270	1,450
SURPLUS FOR THE YEAR	530	50

Approved

Trustee

Date

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ACCOUNTS FOR THE PERIOD
for the year ended 09 March 2023

	Funds 2023
Income	
General Donations	£2,800
	<hr/>
	<u>£2,800</u>
	Funds 2023
Expenditure	
Administrative Cost	£280
Volunteer Expenses	£250
Other Travel & Subsistence	£530
Overheads	£700
Stationeries	£510
TOTAL EXPENDITURE	<hr/>
	<u>£2,270</u>
SURPLUS FOR THE YEAR	<hr/>
	<u>£530</u>

Approved

Trustee

Date