

ALAFIA

England & Wales · Charity number 1206566

Details

Status Registered

Legal form CIO

Registered 2024-01-16

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

Contact

Address 161 Sylvan Avenue
Timperley
Altrincham
WA15 6AE

Phone 07986008248

Activities

Objects: THE OBJECTS OF THE CIO ARE TO PROMOTE AND PROTECT MENTAL HEALTH FOR THE PUBLIC BENEFIT OF PEOPLE OF AFRICAN HERITAGE WITHIN THE UK AND NIGERIA BY THE PROVISION OF SUPPORT IN THE MAINTENANCE AND RECOVERY OF MENTAL HEALTH AND THE PROMOTION OF THE UNDERSTANDING OF MENTAL HEALTH THROUGH THE EDUCATION OF PEOPLE WHO SUFFER FROM ILL MENTAL HEALTH, THEIR CARERS, MEDICAL PROFESSIONALS AND THE WIDER PUBLIC.

Classification

- **How:** Makes Grants To Individuals, Makes Grants To Organisations, Provides Advocacy/advice/information
- **What:** The Advancement Of Health Or Saving Of Lives
- **Who:** People Of A Particular Ethnic Or Racial Origin, Other Charities Or Voluntary Bodies

Geography

- Nigeria
- Throughout England And Wales

Finances

Period end	Income	Expenditure	Assets	Employees
2025-08-15		£0	£0	-
2024-08-15		£35	£0	-

Trustees

Name	Role	Appointed
Adeola Adewusi	Chair	
Abeola Awoyode		
Josephine Medoye		
Modupe Odebunmi		

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England & Wales - Charity number 1206566

Accounts

Report of the trustees for the year ended August 15th 2025.

The trustees present their financial statements and annual report of the charity for the year ended August 15th 2025. The financial statements have been prepared in accordance with the accounting policies set out in note 1 to the accounts and comply with the charity's trust deed, the Charities Act 2011 and Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard Applicable in the UK and Republic of Ireland published (FRS 102) (effective 1 January 2019).

Reference and administrative information

Charity Name: Alafia

Charity Number: 1206566

Structure, governance and management

The Charity is a registered CIO and is constituted under a trust deed dated January 16th 2024.

Trustees

Josephine Medoye

Adeola Adewusi

Modupe Odebunmi

Abiola Awoyode.

Principal Office

161 Sylvan Avenue

Timperley

Altrincham

WA15 6AE.

Bankers

Metro Bank

45 Market Street.

Manchester

M1 1WR

Independent Examiners:

None appointed yet.

Appointment of trustees

The trustees are elected on an annual basis.

Trustee induction and training

Trustees' induction is carried out both inhouse, by fellow trustees using existing documentation, and through external courses where possible and as needed. They We also have regular meetings for sharing knowledge and event planning.

Financial review

The trustees have reviewed the accounts and consider them to be satisfactory.

Principal funding source:

The main funding sources for the charity is through voluntary donations.

Investment powers and policy

The trustees, having regard to the liquidity requirements of operating the charity, have kept available funds in a current account.

Reserves policy and going concern

The balance held in unrestricted reserves at 15th August 2025 was nil.

The trustees aim to maintain sufficient reserves to meet day to day expenditure.

The Charity's main source of income is donations at the moment. The Trustees consider that it is appropriate to prepare the accounts on a going concern basis and, consequently, the accounts do not include any adjustments that would be necessary if these sources of income should cease.

Risk management

The trustees have conducted a review of the major risks to which the charity is exposed and systems have been established to mitigate those risks.

Trustees' responsibilities in relation to the financial statements

The charity trustees are responsible for preparing a trustees' annual report and financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice). The law applicable to charities in England and Wales requires the charity trustees to prepare financial statements for each year which give a true and fair view of the state of affairs of the charity and of the incoming resources and application of resources, of the charity for that period. In preparing the financial statements, the trustees are required to:

- Select suitable accounting principles and then apply them consistently;
- Observe the methods and principles in the applicable Charities SORP;
- Make judgments and estimates that are reasonable and prudent;
- State whether applicable accounting standards have been followed, subject to any material departures that must be disclosed and explained in the financial statements;
- Prepare the financial statements on a going concern basis unless it is appropriate to presume that the charity will continue in business.

The trustees are responsible for keeping proper accounting records that disclose with reasonable accuracy at any time the financial position of the charity and to enable them to ensure that the financial statements comply with the Charities Act 2011, the applicable Charities (Accounts and Reports) Regulations, and the provision of the Trust deed. They are also responsible for safeguarding the assets of

ALAFIA CIO

the charity and taking reasonable steps for the prevention and detection of fraud and other irregularities.

Approved by the trustees and signed on their behalf by:

Abiola Awoyode.

Trustee.

20/02/26.

Account Reports Year ended August 15th 2025.

Annual report 2024

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Receipts and payments

For the period from

Period start date

Jan-2

Section A Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £
Receipts	0	-
	-	-
	-	-
	-	-
	-	-
	-	-
	-	-
	-	-
Sub total (Gross income for AR)	0	0 -
A2 Asset and investment sales, (see table).		
	-	-
	-	-
Sub total	0 -	-
Total receipts	0 -	0 -
	-	-
	-	-
	-	-
	-	-
	-	-

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B3 Investment assets

Details

Assets retained for the charity's own use

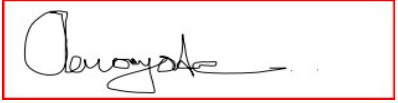
Details

Liabilities- not applicable

Details

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

Signature



ALAFIA is a charitable incorporated is set up for creating awareness of Mental Health difficulties in people of Black, Black British, Afro-Caribbean and African origin in 2024.

The Aims.

- Our mission is to help destigmatise mental health condition in people of black origin.
- Promoting well- being in the community and to help bridge health inequalities.

The Objects are to: -.

- Promotions and training to address mental health awareness in these specific communities.
- By making sure that care provided is culturally appropriate and sensitive to the needs of the communities.

Background

ALAFIA was set up in 2024, it is a Yoruba, West African(Nigerian) word for total wellbeing, being of sound mind and body.

There is stigma associated with any form of mental illness and it prevents people from getting help, particularly in people of African heritage.

There is evidence that people of black heritage are more likely to be misdiagnosed when accessing help for their mental illness leading to poor treatment outcomes.

In 2024, Alafia successfully registered as a charity with the charity commission of England and Wales. The Charity is only in its first year of existence but it has started to organise and create awareness of Mental health challenges and difficulties in people of African descent.

In October 2025, a webinar using Zoom was organised; titled: Psychology in Mental Health: Benefits and Barriers for Black People. This was delivered by a trained healthcare professionals; an assistant clinical psychologist with an audience participation of 30, which resulted in greater engagement, and stimulation of conversations around mental health in the Black community.

The feedback we received from attendees was extremely positive.

Alafia's is website; www.alafia.org.uk. The website contains useful information to the communities we serve, with useful information pertaining to mental health and wellbeing. There also blogs on the website. We have focussed on our social media

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engagement by promoting Black mental health through Instagram, YouTube, Facebook and LinkedIn.

Plans for Future Periods

In addition to delivering our core activities as previously outlined from our mission and objectives, we shall also focus on the following plans for the future.

From funding granted to us in September 2025 by the National Lottery Fund, Alafia will be organising Wellbeing and health days for the local community.

Collaborative working with other charities working within the community like OFNC in Manchester and also promoting wellbeing by organising webinars and face to face seminars in the year.

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ALAFIA CIO

the charity and taking reasonable steps for the prevention and detection of fraud and other irregularities.

Approved by the trustees and signed on their behalf by:

A handwritten signature in black ink, enclosed in a red rectangular box. The signature appears to be 'Abiola Awoyode'.

Abiola Awoyode.

Trustee.

6/7/25

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Account Reports Year ended August 15th 2024.

Annual report 2024

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For the period from

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Jan-2

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	-	-
	-	-
	-	-
	-	-
	-	-
	-	-
Sub total (Gross income for AR)	35	0 -
A2 Asset and investment sales, (see table).		
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	-	-
Sub total	0 -	-
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	-	-
	-	-
	-	-
	-	-

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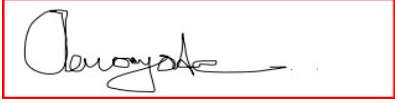
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In July 2024, a webinar using Zoom was organised; titled: Mental Health and the Black Community- the Challenges in Treatment Pathways. This was delivered by trained healthcare professionals, consultant psychiatrist and Cognitive Behaviour therapists with an audience participation of over 40, which resulted in greater engagement, and stimulation of conversations around mental health in the Black community.

The feedback we received from attendees was extremely positive.

Alafia has also developed our website; www.alafia.org.uk. The website contains useful information to the communities we serve, with useful information pertaining to mental health and wellbeing. There also blogs on the website.

Plans for Future Periods

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