

Heart Of Africa

Scotland · Charity number SC045511

Details

Status	Active
Legal form	Unincorporated association
Registered	2015-03-24
Register	View on the OSCR register

Contact

Address	LDVG Premises Victoria street Larkhall ML9 2BW
Website	https://www.heartofafricauk.org

Activities

Activities: 'It carries out activities or services itself'

Purposes: 'the prevention or relief of poverty', 'the advancement of health', 'the promotion of religious or racial harmony'

What the charity does: Our charity exists to promote community cohesion and wellbeing by using food as a way to bring people together. We believe that sharing meals creates opportunities for connection, friendship, and mutual support. One of our core activities is the Elderly Lunch Club, which provides nutritious, affordable meals in a warm, welcoming setting. The club helps to reduce isolation among older people, many of whom live alone or face mobility challenges, by giving them a place to socialise, make friends, and feel part of their community. Alongside this, we encourage cultural togetherness by celebrating seasonal and diverse foods, promoting respect, and valuing the contributions of all backgrounds. With the support of volunteers and local partners, we create a safe, inclusive environment where older residents can enjoy good food, companionship, and improved wellbeing

Beneficiaries: 'No specific group, or for the benefit of the community'

Objectives: The objects for which the group is established is the promotion of racial harmony, poverty relief and advancement of health.

Geography

- **Main operating location:** South Lanarkshire
- **Geographical spread:** UK and overseas

Finances

Period end	Income	Expenditure	Assets	Employees
2026-03-31	£0	£0	-	0
2025-03-31	£29,700	£35,744	-	0
2024-03-31	£10,000	£6,044	-	0
2023-03-31	£53,040	£53,040	-	0
2022-03-31	£27,550	£27,506	-	0

Heart Of Africa

Scotland - Charity number SC045511

Accounts



Office of the Scottish Charity Regulator

Trustees' Annual Report for the period							
Period start date				Period end date			
	Day	Month	Year		Day	Month	Year
From	01	April	2024	To	31	March	2025

Reference and administration details

Charity name
 Other names charity is known by
 Registered charity number
 Charity's principal address

HEART OF AFRICA UK
SC045511
[Redacted]

Names of the charity trustees on date of approval of Trustees' Annual Report

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	[Redacted]			
2	[Redacted]			
3	[Redacted]			
4	[Redacted]			
5	[Redacted]			
6				
7				
8				
9				
10				
11				
12				
13				
14				
15				
16				
17				
18				
19				
20				

APPENDIX 1

Reference and administration details

Names of all other charity trustees during the period, if any, (for example, those who resigned part way through the financial period)

Name	Dates acted if not for whole year
[REDACTED]	[REDACTED]

Structure, governance and management

Type of governing document

The charity is an unincorporated organisation and is governed by its constitution.
The charity was granted charitable status by OSCR on the 24th March 2015.

Trustee recruitment and appointment

Members of the committee shall be appointed at the Annual General meeting (AGM)
They shall be committee members for one year and shall be eligible for re-election.
The committee shall elect office bearers (to hold office for one year) at the earliest possible meeting.

Objectives and activities

Charitable purposes

The purpose of the charity is The prevention or relief of poverty,
The advancement of health,
The promotion of religious or racial harmony.

Summary of the main activities in relation to these objects

The purpose of the charity is the prevention or relief of poverty, the advancement of health, and the promotion of religious and racial harmony. These purposes are advanced through the delivery of inclusive, community-based activities.

During the year, the charity delivered cooking classes focused on healthy eating and nutrition, aimed at improving health outcomes and supporting individuals and families experiencing financial hardship. The charity also delivered a women's sewing and empowerment programme, providing

practical skills development, confidence-building, and opportunities for social integration. In addition, children's holiday cooking sessions were delivered during school holiday periods, offering structured activities that promote healthy eating habits, life skills, and positive social engagement.

APPENDIX 1

Achievements and performance

Summary of the main achievements of the charity during the financial period

During the financial period, the charity successfully delivered a range of community-based programmes in furtherance of its charitable purposes. Key achievements included the delivery of healthy eating and cooking classes, supporting improved nutrition, wellbeing, and the development of practical life skills among participants.

The charity also delivered a women's sewing and empowerment programme, enabling participants to acquire vocational skills, build confidence, and strengthen social connections within the community. In addition, children's holiday cooking sessions were delivered during school holiday periods, providing safe and structured activities that promoted healthy eating habits, learning, and positive engagement.

Furthermore, the charity organised and delivered stigma-prevention events during the summer and in December. These events focused on raising awareness and reducing stigma associated with long-term health conditions within ethnic minority communities, encouraging open dialogue, understanding, and community cohesion.

Through these activities, the charity contributed to the prevention and relief of poverty, the advancement of health, and the promotion of social inclusion and harmony within the communities it serves.

Financial review

Brief statement of the charity's policy on reserves

The charity does not currently operate a reserves policy

Details of any deficit

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Donated facilities and services (if any)

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APPENDIX 1

Other optional information

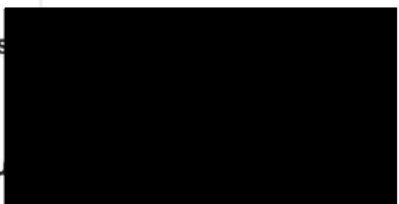
Declaration

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

Signature(s)

Fu



Position (e.g. Chair) Chair

Date



HEART OF AFRICA UK

Enter charity name below

Enter SC number below

SC045511

Receipts and payments accounts						
For the period from	01 April 2024		to	31 March 2025		
	Day	Month		Day	Month	Year
	Monday, April 01, 2024			Monday, March 31, 2025		

Section A Statement of receipts and payments

	Unrestricted funds to nearest £	Restricted funds to nearest £	Expendable endowment funds to nearest £	Permanent endowment funds to nearest £	Total funds current period to nearest £	Total funds last period to nearest £
A1 Receipts						
Donations					-	
Legacies					-	
Grants	7,000	22,700			29,700	10,000
Receipts from fundraising activities					-	
Gross trading receipts					-	
Income from investments other than land and buildings					-	
Rents from land & buildings					-	
Gross receipts from other charitable activities					-	
A1 Sub total	7,000	22,700	-	-	29,700	10,000
A2 Receipts from asset & investment sales						
Proceeds from sale of fixed assets					-	
Proceeds from sale of investments					-	
A2 Sub total	-	-	-	-	-	-
Total receipts	7,000	22,700	-	-	29,700	10,000
A3 Payments						
Expenses for fundraising activities					-	
Gross trading payments					-	
Investment management costs					-	
Payments relating directly to charitable activities	13,044	22,700			35,744	7,000
Grants and donations					-	
Governance costs:					-	
Audit / independent examination					-	
Preparation of annual accounts					-	
Legal costs					-	
Other					-	
A3 Sub total	13,044	22,700	-	-	35,744	7,000
A4 Payments relating to asset and investment movements						
Purchases of fixed assets					-	
Purchase of investments					-	
A4 Sub total	-	-	-	-	-	-
Total payments	13,044	22,700	-	-	35,744	7,000
Net receipts / (payments)	(6,044)	-	-	-	(6,044)	3,000
A5 Transfers to / (from) funds	6,044					
Surplus / (deficit) for year	-	-	-	-	(6,044)	3,000

Section B Statement of balances

Categories	Details	Unrestricted funds	Restricted funds	Expendable endowment funds	Permanent endowment funds	Total current period	Total last period
		to nearest £	to nearest £	to nearest £	to nearest £	to nearest £	to nearest £
B1 Cash funds	Cash and bank balances at start of year	6,044				6,044	3,000
	Surplus / (deficit) shown on receipts and payments account	(6,044)				(6,044)	3,044
						-	
	Cash and bank balances at end of year	-	-	-	-	-	6,044

(Agree balances with receipts and payments account(s))

B2 Investments	Details	Fund to which asset belongs	Market valuation	Last year
			to nearest £	to nearest £
		Total	-	-

B3 Other assets	Details	Fund to which asset belongs	Cost (if available)	Current value (if available)	Last year
			to nearest £	to nearest £	to nearest £
		Total	-	-	-

B4 Liabilities	Details	Fund to which liability relates	Amount due	Last year
			to nearest £	to nearest £
		Total	-	-

B5 Contingent liabilities	Details	Fund to which liability relates	Amount due (estimate)	Last year
			to nearest £	to nearest £
		Total	-	-

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

Signature*	Print Name	Date of approval
		

* Please note - OSCR will accept digital or typed signatures

Additional analysis (1)

Analysis of receipts and payments

1 Donations

	Unrestricted funds to nearest £	Restricted funds to nearest £	Expendable endowment funds to nearest £	Permanent endowment funds to nearest £	Total current period to nearest £	Total last period to nearest £
					-	
					-	
					-	
					-	
Total	-	-	-	-	-	-

2 Grants

	Unrestricted funds to nearest £	Restricted funds to nearest £			Total current period to nearest £	Total last period to nearest £
Henry Duncan Grant	7,000				7,000	
Corre Boost Fund		3,000			3,000	
National Lottery Community Fund		19,700			19,700	
					-	
Total	7,000	22,700			29,700	-

reference

3 Gross receipts from other charitable activities

	Unrestricted funds to nearest £	Restricted funds to nearest £	Expendable endowment funds to nearest £	Permanent endowment funds to nearest £	Total current period to nearest £	Total last period to nearest £
					-	
					-	
					-	
					-	
					-	
					-	
					-	
Total	-	-	-	-	-	-

4 Payments relating directly to charitable activities

	Unrestricted funds to nearest £	Restricted funds to nearest £	Expendable endowment funds to nearest £	Permanent endowment funds to nearest £	Total current period to nearest £	Total last period to nearest £
	13,044	22,700			35,744	
					-	
					-	
					-	
					-	
					-	
					-	
					-	
					-	
Total	13,044	22,700	-	-	35,744	-

reference error

Additional analysis (3)

6 Breakdown of restricted funds

	Restricted funds received from the Corra Boost Fund	Restricted funds received from the National Lottery Community Fund	Restricted funds received from the Corra Boost Fund	Restricted funds received from the National Lottery Community Fund	Total restricted funds	Total restricted funds last period
	Corra Boost Fund	National Lottery Community Fund	Corra Boost Fund	National Lottery Community Fund		
Receipts						
Donations					-	
Legacies					-	
Grants	3,000	19,700			22,700	3,000
Receipts from fundraising activities					-	
Gross trading receipts					-	
Income from investments other than land and buildings					-	
Rents from land & buildings					-	
Gross receipts from other charitable activities					-	
Sub total	3,000	19,700			22,700	3,000
Receipts from asset & investment sales						
Proceeds from sale of fixed assets					-	
Proceeds from sale of investments					-	
Sub total	-	-	-	-	-	-
Total receipts	3,000	19,700			22,700	3,000
Payments						
Expenses for fundraising activities					-	
Gross trading payments					-	
Investment management costs					-	
Payments relating directly to charitable activities	3,000	19,700			22,700	3,000
Grants and donations					-	
Governance costs					-	
Audit / independent examination					-	
Preparation of annual accounts					-	
Legal costs					-	
Sub total	3,000	19,700			22,700	3,000
Payments relating to asset and investment movements						
Purchases of fixed assets					-	
Purchase of investments					-	
Sub total	-	-	-	-	-	-
Total payments	3,000	19,700			22,700	3,000
Net receipts / (payments)	-	-	-	-	-	-
Transfers to / (from) funds						
Surplus / (deficit) for year	-	-	-	-	-	-

Nature and purpose of funds

During the financial year, Heart of Africa (HOA) received a restricted grant of £3,000 from the Corra Boost Fund. The grant was applied towards volunteer expenses incurred in supporting children during the summer holiday period through the delivery of cooking and hospitality work experience sessions.

The charity also received a restricted grant of £19,700 from the National Lottery Community Fund. This funding is designated for the delivery of a one-year women's sewing and cooking programme in Rutherglen.

Additional analysis (2)

5 Breakdown of unrestricted funds

	2022-23 Trustees' accounts	2021-22 Trustees' accounts	2020-21 Trustees' accounts	2019-20 Trustees' accounts	Total unrestricted funds	Total unrestricted funds test period
Receipts						
Donations					-	-
Legacies					-	-
Grants	7,000				7,000	7,000
Receipts from fundraising activities					-	-
Gross trading receipts					-	-
Income from investments other than land and buildings					-	-
Rents from land & buildings					-	-
Gross receipts from other charitable activities					-	-
Sub total	7,000				7,000	7,000
Receipts from asset & investment sales						
Proceeds from sale of fixed assets					-	-
Proceeds from sale of investments					-	-
Sub total						
Total receipts	7,000				7,000	7,000
Payments						
Expenses for fundraising activities					-	-
Gross trading payments					-	-
Investment management costs					-	-
Payments relating directly to charitable activities	13,044				13,044	7,000
Grants and donations					-	-
Governance costs					-	-
Audit / independent examination					-	-
Preparation of annual accounts					-	-
Legal costs					-	-
Sub total	13,044				13,044	7,000
Payments relating to asset and investment movements						
Purchase of fixed assets					-	-
Purchase of investments					-	-
Sub total						
Total payments	13,044				13,044	7,000
Net receipts / (payments)	(6,044)				(6,044)	
Transfers to / (from) funds	6,044				6,044	
Surplus / (deficit) for year						

Nature and purpose of funds

During the financial year Head of Africa received an unrestricted grant of £7,000 from the Henry Duncan Fund. This funding has supported the charity's ongoing work to reduce stigma associated with long-term health conditions among ethnic minority communities in South Lanarkshire. The unrestricted nature of the grant has enabled the Trustees to apply the funds

**Independent examiner's
report on the accounts**

V2

**Report to the
trustees/members of**

Charity name
HEART OF AFRICA UK

**Registered charity
number**

SC045511

**On the accounts of the
charity for the period**

Period start date				Period end date		
Day	Month	Year	to	Day	Month	Year
01	April	2024	to	31	MARCH	2025

Set out on pages

(remember to include the page numbers of additional sheets)

**Respective
responsibilities of
trustees and examiner**

The charity's trustees are responsible for the preparation of the accounts in accordance with the terms of the Charities and Trustee Investment (Scotland) 2005 Act and the Charities Accounts (Scotland) Regulations 2006. The charity trustees consider that the audit requirement of Regulation 10(1) (d) of the Accounts Regulations does not apply. It is my responsibility to examine the accounts as required under section 44(1) (c) of the Act and to state whether particular matters have come to my attention.

**Basis of independent
examiner's statement**

My examination is carried out in accordance with Regulation 11 of the Charities Accounts (Scotland) Regulations 2006. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts and seeks explanations from the trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit and, consequently, I do not express an audit opinion on the accounts.

**Independent examiner's
statement**

In the course of my examination, no matter has come to my attention [other than that disclosed on the attached page*]

1. which gives me reasonable cause to believe that in any material respect the requirements:
 - to keep accounting records in accordance with section 44(1) (a) of the 2005 Act and Regulation 4 of the 2006 Accounts Regulations, and
 - to prepare accounts which accord with the accounting records and comply with Regulation 9 of the 2006 Accounts Regulations

have not been met, or

2. to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

Signed:

Date:

30/09/2025

Name:

**Relevant professional
qualification(s) or body
(if any):**

Address:

APPENDIX 3

Disclosure section

Only complete if the examiner needs to highlight material problems.

Give here brief details of any items that the examiner wishes to disclose

A large, empty rectangular box with a thin black border, intended for the user to provide details of items to be disclosed. The box is currently blank.