

2022

ANNUAL REPORT

**Hwupenyu Health and
Well-Being Project**

Hwupenyu Health and Well-being Project

Address

Adelphi Centre,
Office No 28/28 A 12
Commercial Road
Glasgow,
G5 0PQ

Scottish Charity Number

SC044991

Bank

Co-operative Bank

Independent Examiner

Mr M Nasir Siddique AFA MIPA ACPA
Global Accountancy Practice
10 Allison Street
Glasgow
G42 8NN

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Our Profile

Our Mission

To champion the wellbeing of Africans and Black people living in Scotland.

Our Vision

To break down the barriers Africans and Black people face when in need of health services, empowering them to access support on their own terms.

Charitable Status and Governance

Hwupenyu Health and Wellbeing Project was established by Constitution on 10th July 2014. It is a registered Scottish Charitable Incorporated Organisation (SCIO) No.SC044991



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The Trustees of Hwupenyu Health and Wellbeing are pleased to present their annual report together with the financial statements of the charity for the year to 31 December 2021.

• Charitable Purposes

The purposes For Hwupenyu Health and Well-being are:

- the advancement of health
- the advancement of education
- the relief of those in need by reason of age, ill health, disability, financial hardship or other disadvantage.

• How we work towards our purposes

We seek the advancement of health and relief of suffering of minority ethnic communities who are disproportionately affected by long term health conditions such as HIV, mental health, diabetes and ill health. We will do this by increasing awareness and developing culturally sensitive counselling and support services.

We will advance education by providing information, training, guidance and assisting in the development of effective policies and good practice guidelines when developing culturally appropriate services to the minority ethnic communities. It seeks to relieve distress and food hardship and to promote and preserve good health through the provision of befriending, outreach services and alternative therapies as well as assisting minority ethnic communities to access advice and support from traditional sources.

• Our Board

The Trustees who served during the year or have been appointed or resigned then to the date of this report were as follows:

- Chair:** Charmaine Blaize
Secretary: Heather Yearwood
Trustees Hosanna Bankhead
Hervey Gibson
Tilly Gifford
Sandra B Idemudia
Margaret Jenkins
Nina Kuypers

- **Appointment of Trustees**

New Trustees are self-selected from our members. They are then elected by the Members at our AGM. There is a fixed term of three years for Trustees may offer themselves for reelection or stand down Trustees may also co-opt up to three individuals as trustees.

As part of their induction program, new trustees are required to understand their statutory responsibilities and meet every six weeks during the year

Introducing Our Team



Yaa Nipah



Anne Phee



Binta Ditchburn

Our Brilliant Volunteers

Thank you for all your support in realising our goals
serving the community.

Hannah
Agnes
Haji
Sandra
Haji
Jacob



Our Volunteers

- A message from the chairperson of the board of trustees and CEO

Hwupenyu has had to rapidly adapt our services in the face of challenges that have emerged during the cost of living crisis. According to research by the CIH the cost of living crisis disproportionate impact on Black and ethnic minority communities - who are 2.5 times more likely than White people to be in relative poverty, and this startling statistic has translated into the organisation's operations, projects and resources. Despite the many years of serving and interacting with the community, the recent cost of living crisis has revealed the nuanced way in which socio-economic challenges affect the black community.

This year also saw partners and supporters both new and old rally to meet the unique needs of our diverse community of service users which also saw significant growth. It is evident that the services we provide play a crucial role in the health and well-being of our community. Especially for those of our service users living with chronic health conditions who exist at the intersection.

We hold on to our mandate to empower, black communities in Scotland to improve their health and their general wellbeing and build a resilient and supportive network. We will continue to provide a safe space where each member of our community knows they will receive the highest quality of support to improve their quality of life.



Charmaine Blaise

- **Projects**

Mental Health

The separation and isolation enforced on us by the pandemic have continued to have a significant impact on everyone's mental health and well being. Especially those who had pre existing conditions, both physical and mental found that the stress of that period exacerbated their conditions/

The loneliness, fear , and anxiety about the unknown of the situation was crippling for many. Unfortunately, the release from that isolation and return to “normality” has led to just as much stress and apprehension.

Hwupenyu has kept up its contact with its service users through digital platforms and phone calls. While trying to slowly re-engage with service users in person. Improving one's mental well being and increasing one's resilience can be done through many methods.

Groups- Chair yoga, Crochet, Breathe, Diabetes Hwupenyu etc or going for a walk and chat around Glasgow Green.

Individually- Service users are always welcome to come in for a confidential chat or even a Zoom meeting if they prefer.

2022 Hwupenyu re-thought their policy in dealing with Mental health, after a lot of feedback and ideas from those coming to Hwupenyu.It was decided that instead of having Mental Health as a separate project, that it would be woven through all projects to provide a Holistic view of helping our service users.

Complementary Therapies

For the majority of service users who utilise our free service, Massage has been a regular manner for them to seek relaxation or to help with relieving their chronic pain issues.

From the feedback, we are very aware of the benefits to our service users both physically and mentally.

After the restrictions were relaxed and then repealed, Hwupenyu took measures to slowly move forward to the complete opening of our therapies again. This cautious manner was to ensure the safety of our service users and therapists. We continue to keep a high level of good practice and hygiene as being a priority.

The time between sessions for ventilation, cleaning of the equipment and therapist, does reduce the number of sessions available.

But we consider the quality of our service to be a priority especially when dealing with clients with chronic ailments.

Diabetes Support

We have been told stories about being handed tablets with no clear explanation of diagnosis, side effects of medication or how Diabetes would alter their lifestyles. And that it will be a long haul.

Hwupenyu Diabetic seeks to support our communities; as many within them are diagnosed, primarily with Type 2, Diabetes.

In 2022 Hwupenyu ran a set of three workshops over multiple dates to reach those diagnosed, families dealing with the changes in nutrition diabetes brings and those who just wanted to learn about diabetes.

The three sessions included

Basic Diabetes 101- about the disease and your body

African food and portion sizes

Diabetes and your mental well being- about changing your lifestyle without stress and depression.

Hwupenyu has also been offering a modified introduction to Diabetes for other Black third-sector organisations that have members dealing with this disease.

We hope by providing clear information in a safe environment, with ongoing support people can avoid the complications that follow this disease

HIV & Sexual Health

Our HIV prevention and sexual health community education programmes have and continue to form a key element of our work. Working in alliance with community organisations and drawing on our networks, we use peer education to fight stigma and empower our communities with knowledge.

After lockdown, we restructured sexual health education sessions in collaboration with other Organisations. These were tailored to meet the needs of refugee and asylum-seeking communities in Glasgow, and we used the help of translators and interpreters to help us deliver these.

Women's Development

Hwupenyu has kept its Women's Development program at the centre of its work. By Using peer support and understanding to facilitate the reduction of isolation through an increase in community engagement for Black and African women. We provide safe spaces to discuss with peer-mentors.

The mentors offer advice on ways to live well with HIV and other chronic health conditions. They also provide emotional and practical support for women at every stage of their health journey.

As part of this project, a Weekly women's Group is held online on a Friday night. Service users are encouraged to participate or even host the group. The topics are varied and look at life and skills needed to succeed in Scotland.

Mother care

Hwupenyu became aware of the situation many young mothers were finding themselves in. By networking with Amma birth partners organisation, we were able to offer some basic aid. Amma takes care of ladies in their third trimester and up until the baby is 10 days old. Our Mother-care project seeks to provide contact and guidance in taking care of the baby and mother from an African perspective. This was run as a pilot programme, and we are looking to get full funding for it to carry on this year.

Foodbank

The weekly foodbank at Hwupenyu has become one of our core projects. It came into being in 2014 and has grown continuously since.

We serve a wide demographic of users: Couples, single, married with children, students, elderly, multi-generational households etc

They have come to us through various routes; heard of us through other service users, Been referred to us through third sector organisations [freedom from torture, red cross, Amma, Refugee council etc] or through statutory agencies.[NHS Brownlee, Social work department and GPs]

At Hwupenyu we try to make the experience of coming to the foodbank as painless as possible. The volunteers who facilitate the foodbank are service users who understand the stigma associated with foodbanks and try to engage our users making it a social interaction rather than an embarrassing chore.

In this time period Hwupenyu distributed 2400 bags of food on foodbank day, with approximately 5 emergency bags being distributed out with the bank hours each week [260]

We try to customise our bags in relation to the household it is for, therefore a single man,s bag will be different from a family of four.

In addition to Culturally appropriate food we have been able to source. Hwupenyu has been able to offer hygiene and dental products, aswell as Vitamin D supplements from the NHS and sanitary products.

This vital service would not exist without the continual funding of the Janek Latosinski charitable trust [SC037403], and the amazing support of JK Fresh Ltd, S.A.Bs, Emmaus and Just trading Scotland. But especially to our Stupendous Volunteers without who the Foodbank would not run. Thank you



Funders & Supporters

We are extremely grateful to the following organisations for helping to support and fund our work:

- Bestway
- Bridging the Gap
- The Brownlee
- Co-op (Crown Street)
- Community Transport
- Fareshare
- Glasgow City Council
- Interfaith
- Janek Latoinski Charity Trust
- JK Fresh
- National Lottery Community Fund
- NHS
- Scottish Ahla Bayt Society
- North West Glasgow voluntary sector
- AMA birth
- Robertson Trust

Thank you also to the organisations we have partnered with and worked alongside. With special thanks to Scran , Women's Support , Dawson, Freedom from torture, the Red cross and LGBT Health. We look forward to continuing to develop partnerships as time goes on.

Without your ongoing support, we would not be able to deliver the services for the African and Black community in Scotland. It is greatly appreciated.

A massive thank you also to all of our supporters - whether you have attended one of our events, volunteered with us, donated to us, or offered advice and support. We appreciate your support and could not do this without you!



The result for this year end 2022 was a Surplus of £ 19,877 (2021) Deficit £1,769.

The charity:

Unrestricted (2022) £1841 , (2021) £ 8120

Restricted (2022) £122,201 (2021) £82371

The breakdown of our accounts is included on Page 19.

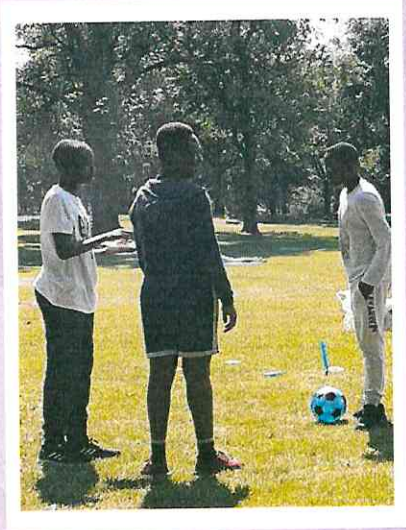
The trustees have successfully applied the grants to the specific work. They are aware of the need to build up unrestricted funds for the charity.

Signature Charmaine Blaize

Charmaine Blaize

Chairperson of the Board of Trustees

Date 27/09/2023



The year in Pictures





The year in Pictures



Report of the Independent Examiner to Trustees

I report on the accounts Hwupenyu Health and Well-Being Project SCIO (SCO44991) for the year ended 31 December 2022.

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) Act 2005 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 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 view given by the accounts.

Independent Examiners' Statement

In the course of my examination, no matter has come to my attention other than that disclosed below:

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.

The matter that has come to my attention is that, in the course of my examination of the accounting records of the charity, it was noted that proper accounting records were not being kept and the allocation of costs between restricted and unrestricted funds was not being monitored. This has been rectified for the preparation of these Accounts and the charity trustees are aware of the importance of maintaining full records of all transactions going forward.

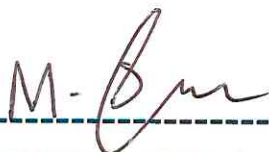
Further, no other issues of concern were raised in any pertinent matter with regard to Hwupenyu Health and Wellbeing's accounts for this year

Notes

1. There was an element of depreciation for the year.
2. No Trustee has received any remuneration in 2022

Independently examined by:

Signature



Date

27/09/2023

Mr Muhammad Nasir Siddique AFA MIPA ACPA
Global Accountancy Practice

Financial Report January 2022-December 2022

Statement of Receipts and Payments

Receipts	Note			(12 months)	(12 months)
		Unrestricted General Funds	Restricted Funds	Total 2022	Total 2021
		£	£	£	£
Grants Received	5		122201	122201	8237181
Donations	6	1837		1837	20
Bank Intrest		5		5	1
Total Receipts		1841	122201	124042	90491.99
Payments for Charitable activities:					
Massage Costs			0	0	60
Women's Educational/Recreational Retreat			3,864	3864	4646
Foodbank			1,650	1650	0
Food bank Van Hire			8,417	8417	
Project cost			996	996	898
Printing				0	171
Printed leaflets			135	135	0
training			11,04	11044	10202
Rent	4		4	3029	337
Travel		625	2,404	226	218
Water rates			226	69320	68456
Salaries			69,32	2151	976
Insurance			0	880	386
Internet			2,151	883	871
Web design, Hosting and Maintenance			880	0	1030
Office Expenses			883	0	372
Telephone				1071	598
Mobile Charges			1,071	3	0
Bank charges			3	7	23
Postage			7	230	810
Stationary			230	167	45
Subscription			167	0	507
Food /Catering				92	108
Room Hire			92	0	1546.6
Depreciation				0	0
AGM				0	0
Recruitment Expenses				0	0
Accountancy Fees					
Total Payments		625	103,540	104,165	92261.05
Surplus/Deficit for the year		1216	18,661	19,877	-1,769
Transfers between funds					
Net movement in funds after transfers					
		1216		19877	(1769)
Total funds brought forward			65798	65798	67,567
Total funds carried forward		1216	65798	85676	65798

Finances - Statement of Balance

As at 31 December 2022

		(12 months) 2022 £	(12 months) 2021 £
Fixed Assets	Notes		
Office equipment		0	0
Fixtures and fittings		0	0
		0	0
Current Assets			
Bank Balances			
Bank Deposit Account		3439	3,435
Bank Current Account		85215	62852
Cash		89	46
		<u>88743</u>	<u>66458</u>
LIABILITIES			
Current			
Liabilities Trade		<u>3068</u>	<u>534</u>
Creditors		<u>3068</u>	<u>534</u>
		<u>85,676</u>	<u>£65,798</u>
Accumulated Fund at the start of the Year		65798	
Surplus of Income over Expenditure		<u>19877</u>	
Accumulated Fund at the end of the Year		<u>85,676</u>	<u>65798</u>

Hwupenyu Health & Wellbeing Project Financial Report January 2022-December 2022

1. Accounting Policies

The financial statements have been prepared on the Receipts & Payment basis, under the historical cost convention and in accordance with the charities Accounts (Scotland) Regulations 2006.

For the purpose of the Receipts and Payments accounts, the nature and purpose of the funds are defined as follows:

Unrestricted funds comprise grants and other income received for the objectives of the charity

Restricted funds may only be used for specific purposes. Funds comprise income, which has been received for the objectives of the charity and specified purpose.

2. Tangible fixed assets

The Charity does not hold fixed assets. The tangible fixed assets are stated at cost less accumulated depreciation.

3. Transaction with Trustees

There were no transactions with Trustees other than reimbursement of expense incurred in the proper running of the charity.

4. Rent

The rent and service charges of the office premises in 2022 was £10202 (2021 £14630). This was funded by The Janek Latosinski Charitable Trust (Known as the Janek Trust), Registered Charity SC037403.

Notes

5. Restricted Funds

	£
Community Fund	83181
BEMIS	0
The Roberstson trust	6500
Janenk Trust	20767
Corra Winter Fund	0
Awards for All	0
Co Operative	1763.22
GCMHWF	9990
	<u>122201</u>

6. Unrestricted General Funds

	£
Arnold Clark	
Easy Fundraising	17
Janenk Trust	1500
Yaldi	71.5
Amazon	10.08
Donations	130
Room Hire reund	108
Intrest	5
	<u>1841</u>

Thank You