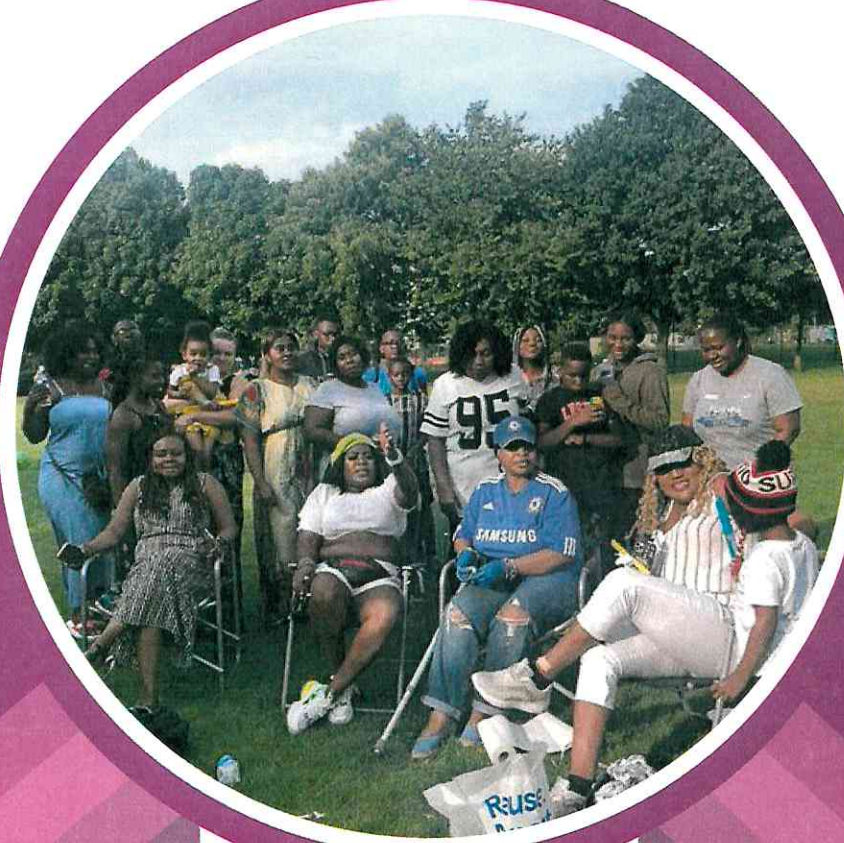


2023 ANNUAL REPORT



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
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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

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 2023

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 are dedicated to improving the health and alleviating the suffering of minority ethnic communities, who are disproportionately affected by long-term health conditions such as HIV, mental health challenges, diabetes, and general ill health. Our approach focuses on raising awareness and developing culturally sensitive counselling and support services tailored to these communities.

We work to relieve distress and combat food insecurity, promoting good health through a range of services, including befriending, outreach, and alternative therapies. We are also committed to helping minority ethnic communities access advice and support from traditional sources, ensuring they can navigate existing systems to receive the help they need.

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

Our Trustees are self-selected from within our membership and are then formally elected by the Members at our Annual General Meeting (AGM). Trustees serve a fixed term of three years, after which they may choose to offer themselves for re-election or step down. In addition, the Trustees have the ability to co-opt up to three individuals as additional Trustees when necessary.

The result for this year end 2023 was a Deficit of £ 27,105 (2022) Surplus £19,877.

The charity:

Unrestricted (2023) £1616 (2022) £1841

Restricted (2023) £74,688 (2022) £122,201

The breakdown of our accounts is included

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 Date 23 / 09 / 2024
Charmaine Blaize
Chairperson of the Board of Trustees

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

In the face of the cost of living crisis, Hwupenyu swiftly adjusted its services to meet emerging challenges. Research conducted by the CIH (Chartered Institute of Housing) underscores the disproportionate impact of this crisis on Black and ethnic minority communities. These communities are 2.5 times more likely than their White counterparts to experience relative poverty—a stark statistic that directly influences our organization's operations, projects, and resource allocation.

Despite our longstanding service and engagement with the community, the recent cost of living crisis has illuminated the nuanced ways in which socio-economic difficulties uniquely affect the Black community.

This year, both new and longstanding partners and supporters rallied to address the unique needs of our diverse service users, resulting in significant growth. It's clear that the services we provide play a crucial role in the health and well-being of our community, particularly for those living with chronic health conditions—a group that often exists at the intersection of multiple challenges.

At Hwupenyu, we remain steadfast in our mandate to empower Black communities in Scotland. We strive to improve their health, general well-being, and resilience by fostering a supportive network. Our commitment ensures that every member of our community knows they can rely on us for the highest quality of support, enhancing their overall quality of life.



Charmaine Blaize

Our Projects

Mental Health

Loneliness, fear and anxiety affect many within our community. Whether due to physical isolation or emotional voids, Hwupenyu's mental health initiative took aim at tackling mental health issues. Through digital platforms and phone calls we bridged gaps, maintaining vital connections. We also used in-person interactions, understanding that resilience isn't about avoiding loneliness but finding strength within it.

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.

Following the restructuring of our 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 most of our service users who take advantage of our complimentary offerings, massage has become a regular way to find relaxation and alleviate chronic pain.

Based on the feedback we've received, we understand the significant physical and mental benefits our services provide. After the restrictions were eased and ultimately lifted, Hwupenyu implemented a gradual approach to fully reopening our therapies. This careful strategy was designed to prioritize the safety of both our service users and therapists.

We remain committed to maintaining high standards of hygiene and good practices. The time allocated between sessions for ventilation and cleaning equipment, along with the therapist, does limit the number of available sessions. However, we believe that the quality of our service is paramount, particularly when working with clients who have chronic conditions.

Diabetes Support

Hwupenyu is empowering Communities through our new strategy - the Hwupenyu Approach to Diabetes Education

Stories abound of individuals handed medication without clear explanations—no understanding of their diagnosis, potential side effects, or how diabetes would reshape their lives. Enter Hwupenyu Diabetic, dedicated to supporting our communities, particularly those primarily diagnosed with Type 2 diabetes.

We organized a series of three workshops:

1. Basic Diabetes 101: A deep dive into the disease and its impact on the body.
2. African Food and Portion Sizes: Navigating nutrition changes specific to diabetes.
3. Diabetes and Mental Well-Being: Stress-free lifestyle adjustments.

But their impact extends beyond their own community. They've tailored an introduction to diabetes for other Black third-sector organizations, ensuring clarity and safety.

Through education, support, and safe spaces, Hwupenyu aims to prevent the complications that often accompany this challenging disease.

HIV & Sexual Health

Our community education programs for HIV prevention and sexual health have always been, and continue to be, a vital part of our mission. By partnering with community organizations and leveraging our networks, we employ peer education to combat stigma and equip our communities with essential knowledge.

Recently, we revamped our sexual health education sessions in partnership with other organizations. These sessions were specifically designed to address the needs of refugee and asylum-seeking populations in Glasgow, and we utilized translators and interpreters to ensure effective delivery.

Women's Development

Hwupenyu has prioritized its Women's Development program as a core aspect of its mission. By leveraging peer support and fostering understanding, the program aims to reduce feelings of isolation and enhance community engagement among Black and African women. We create safe spaces for discussions with peer mentors.

These mentors provide guidance on living well with HIV and other chronic health conditions, offering both emotional and practical support at every stage of a woman's health journey.

As a key component of this initiative, a weekly women's group is held online every Friday night. Participants are encouraged to engage or even take on the role of host. The group covers a variety of topics that explore life skills essential for success in Scotland.

Mother care

Hwupenyu recognized the difficult circumstances many young mothers were facing. Through collaboration with the Amma birth partners organization, we managed to provide essential support. Amma assists women during their third trimester and continues to help until the baby reaches ten days old. Our Mother-care project aims to offer contact and guidance on caring for both the mother and infant from an African perspective. This initiative was conducted as a pilot program, and we are now seeking full funding to continue its efforts this year.

Foodbank

The weekly food bank at Hwupenyu has become a cornerstone of our initiatives. Established in 2014, it has consistently expanded its reach and impact.

We cater to a diverse range of users, including:

- Service users with chronic conditions
- Asylum Seekers
- Families with children
- The elderly

Hwupenyu gave out over 3500 bags this year.

People have found us through various channels, such as word-of-mouth from other service users, referrals from third-sector organizations (like Freedom from Torture, Red Cross, Amma, Refugee Council), or through statutory agencies (including NHS Brownlee, social work departments, and GPs).

Hwupenyu has identified the challenging situations many young mothers are experiencing. By collaborating with the Amma Birth Partners organization, we have been able to provide essential assistance. Amma supports women during their third trimester and offers help until their baby is ten days old. Our Mother-care project aims to provide support and guidance on caring for mothers and infants from an African cultural perspective. This initiative was launched as a pilot program, and we are now seeking full funding to sustain its efforts this year. We strive to customize our food bags based on specific household needs; for instance, a bag for a single man will differ from one intended for a family of four. In addition to culturally appropriate food, Hwupenyu has successfully sourced hygiene and dental products, Vitamin D supplements from the NHS, and sanitary products.

This essential service relies on the ongoing support from the Janek Latosinski Charitable Trust [SC037403] and the incredible assistance from JK Fresh Ltd, S.A.Bs, Emmaus, and Just Trading Scotland. Above all, we extend our heartfelt gratitude to our remarkable volunteers, without whom the food bank could not operate. Thank you!

Funders & Supporters

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

- Bestway
- Ubuntu
- Women's Support Project
- Co-op (Crown Street)
- Community Transport
- Fareshare
- Emmaus
- Interfaith
- Janek Latoinski Charity Trust
- JK Fresh
- National Lottery Community Fund
- NHS
- Scottish Ahla Bayt Society
- 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, 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!



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 deprecation for the year.**
- 2. No Trustee has received any remuneration in 2023**

Independently examined by:

Signature  _____

Date 23/09/2024 _____

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Hwupenyu Health & Wellbeing Project Financial Report January 2023-December 2023

Statement of Receipts and Payments

	Note			(12 months)	(12 months)
		Unrestricted General Funds	Restricted Funds	Total 2023	Total 2022
		£	£	£	£
Receipts					
Grants Received		625	74688	75313	122201
Donations		951		951	1837
Bank Interest		40		40	5
Total Receipts		1616	74688	76303	124042
Payments					
Payments for Charitable activities:					
Massage Costs				0	0
Food bank			5,379	5379	3864
Foodbank Van Hire			1,410	1410	1650
Project Cost			640	640	8417
Printing			1,119	1119	996
Printed leaflets				0	0
training			65	65	135
Rent			12,852	12852	11044
Travel			3,834	3834	3029
Water rates			236	236	226
Salaries			69,568	69568	69320
Insurance			3,567	3567	2151
Internet			1,013	1013	880
Web design, Hosting and Maintenance			1,523	1523	883
Office Expenses			239	239	0
Telephone			0	0	0
Mobile Charges			1,451	1451	1071
Bank charges				0	3
Postage			34	34	7
Stationary			172	172	230
Subscription			105	105	167
Food /Catering				0	0
Room Hire				0	92
Depreciation				0	0
AGM				0	0
Recruitment Expenses				0	0
Accountancy Fees			200	200	0
Total Payments		0	103,409	103409	104165
Surplus/Deficit for the year		1616	-28721	-27105	19,877
Transfers between funds					
Net movement in funds after transfers		1616		-27105	19877
Total funds brought forward				0	65,798
Total funds carried forward		1616	0	-27105	85676

Statement of Balance

As at 31 December 2023

		(12 months) 2023 £	(12 months) 2022 £
Fixed Assets	Notes		
Office equipment		0	0
Fixtures and fittings		0	0
		0	0
Current Assets			
Bank Balances			
Bank Deposit Account		3479	3,439
Bank Current Account		60790	85215
Cash		342	89
		<u>64611</u>	<u>88743</u>
LIABILITIES			
Current Liabilities			
Trade Creditors		6040	3068
		<u>6040</u>	<u>3068</u>
		58,571	85676
Accumulated Fund at the start of the Year		85676	65,798
Deficit of Income over Expenditure		-27105	19878
Accumulated Fund at the end of the Year		<u>58,571</u>	<u>85,676</u>

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 2023 was £12852.12 (2022 £11044). This was funded by The Janek Latosinski Charitable Trust (Known as the Janek Trust), Registered Charity SC037403

Notes

5	Restricted Funds	£
	Community Fund	67101
	Janenk Trust	7587
		<u>74688</u>
6	Unrestricted General Funds	£
	Tesco	500
	Stripe	72
	Easy Fundraising	0
	Janenk Trust	625
	Yaldi	83
	Amazon	18
	Donations	253
	Other Income	24
		<u>1576</u>



Thank You

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 www.hwupenyuproject.org