



ANNUAL REPORT 2024

Hwupenyu Health and Well-being Project

Address

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Glasgow,
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**Scottish Charity
Number**

SC044991

Bank

Co-operative Bank
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Glasgow
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Independent Examiner

Mr M Nasir Siddique AFA MIPA ACPA
Global Accountancy Practice
10 Allison Street
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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 2024

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: Agrogmawena Isemame
Trustees Christine Yamie
Marie Rose
Sandra B Idemudia
Tsitsi Bashorun
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 2024 was a Deficit of £ 9618 , (2023) Deficit of £27,105.

The charity:

Unrestricted: (2024) £210 (2023) £1,616

Restricted: (2024) £87829 (2023) £74,688

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 29/09/2025
Charmaine Blaize
Chairperson of the Board of Trustees

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

Hwupenyu is proud history of service and deep engagement within Scotland's Black communities. The recent period of crisis has further underscored the complex and intersectional ways in which socio-economic challenges disproportionately affect our communities and highlight the continuing importance of our work.

In 2024, we saw both long-standing partners and new supporters stand with us to meet these challenges. Together, this collective effort has driven growth and innovation across our services. For many, particularly people living with chronic health conditions, Hwupenyu remains a vital lifeline. These individuals often face multiple, overlapping barriers to health and well-being, and we continue to be a trusted source of support and advocacy.

In October, we moved into our new offices in Govan, marking the beginning of an exciting new chapter for Hwupenyu. This move has placed us at the heart of the community, strengthening our visibility, accessibility, and ability to serve.

Looking ahead, the Board will be reviewing our strategic direction in 2025 with a focus on long-term funding and sustainability. Securing this foundation is essential to ensuring Hwupenyu can strengthen its role and continue delivering high-quality, meaningful support to the communities we serve.

As part of this forward-looking approach, we are excited to be launching a new initiative in 2025 dedicated to supporting women over 50 living with chronic health conditions, including HIV and interrelated co-morbidities. By creating safe spaces, fostering resilience, and providing tailored interventions, this project will empower women to navigate later life with confidence, dignity, and improved quality of life.

At Hwupenyu, we remain steadfast in our mission: to empower Scotland's Black communities by enhancing health, well-being, and resilience, while fostering a strong and supportive network. With the commitment of our partners, staff, volunteers, and community members, we will continue to build on this foundation and ensure that everyone who turns to us can rely on Hwupenyu for strength, care, and hope.



Charmaine Blaize

Our Projects

Community Education and HIV Prevention

Our community education programs for HIV prevention and sexual health remain central to our mission. Through partnerships with community organisations and the use of peer education, we continue to challenge stigma and provide our communities with vital knowledge and resources.

Our sexual health education sessions in collaboration with partner organizations have helped tailored sessions to meet the specific needs of refugee and asylum-seeking populations in Glasgow, with translators and interpreters ensuring accessibility and effective delivery. In addition, we held a series of workshops to further engage and empower the community, fostering open dialogue and practical learning.

Complementary Therapies

Massage has become an essential part of wellbeing for many of our service users, offering both relaxation and relief from chronic pain. Feedback from clients highlights not only the physical benefits but also improved mental health, reduced stress, and a greater sense of resilience.

Our massage therapy service continues to thrive, with steady uptake and consistently strong demand for sessions. This highlights the ongoing importance and positive impact of the service within our community, supporting both physical and emotional wellbeing.

Mental Health

Hwupenyu responded by maintaining vital connections through digital platforms, phone calls, and in-person interactions. Recognising that wellbeing is not about avoiding loneliness, but about finding strength and support within it.

We offered a range of group activities such as Chair Yoga, Crochet, Breathe, Diabetes Hwupenyu, and walk-and-chat sessions around Glasgow Green. Meeting up for coffee

Mental health and wellbeing are now embedded across all Hwupenyu's projects, ensuring a holistic approach to care. By integrating physical, emotional, and social support into every activity, we strengthen resilience and provide service users with inclusive, person-centred support.

Diabetes Support

Too often, individuals are prescribed diabetes medication without adequate explanation of their diagnosis, potential side effects, or how the condition will affect daily life. To address this gap, Hwupenyu launched Hwupenyu Diabetic, a programme dedicated to supporting our communities, particularly those living with Type 2 diabetes.

Our Workshop Series

- Diabetes 101 , increasing understanding of the condition and its impact on the body.
- African Food & Portion Sizes , providing culturally relevant nutrition guidance.
- Diabetes & Mental Well-Being – promoting stress-free lifestyle adjustments.

Extending Our Impact

In addition, we extended this work by developing an Introduction to Diabetes for other Black third-sector organisations, ensuring wider access to clear, safe, and culturally appropriate information.

Looking Ahead

Through education, tailored support, and safe spaces, Hwupenyu continues to empower individuals and reduce the risk of complications linked to diabetes

Women's Development

The Women's Development program creates safe spaces where Black and African women feel supported, understood, and empowered. By fostering peer connections and mentorship, the program reduces isolation and builds confidence for women living with HIV and other chronic conditions. Weekly online women's groups provide both emotional and practical support, while also strengthening life skills essential for success in Scotland. Many participants have grown into active contributors and hosts, reflecting the program's success in promoting leadership, resilience, and community engagement.

Mother care

Hwupenyu recognised the difficult circumstances faced by many young mothers and, through collaboration with Amma Birth Companions, provided essential support. Amma offers guidance during pregnancy and continues care until the baby is ten days old. Building on this, our Mother-Care Project focuses on providing culturally informed contact and support for both mother and infant from an African perspective

Foodbank

The Hwupenyu Food Bank, is a cornerstone of our community support. In 2025, we distributed over 2000 culturally appropriate food bags to individuals and families in need, including people with chronic conditions, asylum seekers, families with children, and the elderly.

Referrals come through word-of-mouth, third-sector organisations (e.g. Freedom from Torture, Red Cross, Amma, Refugee Council), and statutory agencies such as NHS Brownlee, social work, and GPs.

We recently launched the Mother-care Project in partnership with Amma Birth Partners, providing culturally sensitive support for young mothers during pregnancy and early motherhood. We are seeking funding to sustain and expand this vital initiative.

Food bags are tailored to household size and need, and we also provide hygiene products, sanitary items, dental care, and NHS-supported Vitamin D supplements.

This essential service is only possible through the support of the Janek Latosinski Charitable Trust [SC037403], donations from JK Fresh Ltd, S.A.Bs, Emmaus, Just Trading Scotland, and our dedicated volunteers.

Funders & Supporters

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

- Ubuntu
- Women's Support Project
- Community Transport
- Fareshare
- Emmaus
- Interfaith
- Janek Latoinski Charity Trust
- JK Fresh
- National Lottery Community Fund
- NHS
- Saltire and Alam
- AMA birth

We would like to extend our heartfelt thanks to the organisations we have partnered and worked alongside this year. In particular, we are grateful to Scran, Women's Support, Freedom from Torture, and LGBT Health for their continued collaboration. We look forward to building on these partnerships in the years ahead.

Your ongoing support enables us to deliver vital services for the African and Black community in Scotland, and we are truly appreciative of your commitment.

We also wish to express our sincere gratitude to all of our supporters—whether you have attended one of our events, volunteered your time, made a donation, or shared your expertise and advice. Your contributions are invaluable, and we could not do this work 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 depreciation for the year.

2. No Trustee has received any remuneration in 2023 *2024*

Independently examined by:

Signature



Date

29/09/2025

Mr Muhammad Nasir Siddique AFA

MIPA ACPA

Global Accountancy Practice

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Hwupenyu Health & Wellbeing Project Financial Report January 2024-December 2024

Statement of Receipts and Payments

	Note			(12 months)	(12 months)
		Unrestricted General Funds	Restricted Funds	Total 2024	Total 2023
		£	£	£	£
Receipts					
Grants Received			87829	87829	75313
Donations		210		210	951
Bank Interest		40		40	40
Total Receipts		250	87829	88079	76303
Payments					
Payments for Charitable activities:					
Massage Costs				0	0
Food bank			6,725	6725	5379
Foodbank Van Hire			1,560	1560	1410
Project Cost			1,288	1288	640
Printing			1,415	1415	1119
Printed leaflets				0	0
training				0	65
Rent			10,261	10261	12852
Electricity			273	273	0
Travel			1,872	1872	3834
Water rates			234	234	236
Salaries			69,024	69024	69568
Insurance			1,595	1595	3567
Internet			1,176	1176	1013
Web design, Hosting and Maintenance			1,005	1005	1523
Office Expenses			596	596	239
Telephone				0	0
Mobile Charges				0	0
Bank charges			1,333	1333	1451
Postage				0	0
Stationary				0	34
Subscription			193	193	172
Food /Catering			217	217	105
Room Hire				0	0
Bad Debts			29	29	0
AGM			-1,995	-1995	0
Recruitment Expenses				0	0
Accountancy Fees				0	0
			896	896	200
Total Payments		0	97,696	97696	103409
Surplus/Deficit for the year		250	-9867	-9618	(27,105)
Transfers between funds					
Net movement in funds after transfers		250	(9,867)	-9618	(27,105)
Total funds brought forward		1616	(28,721)	(27,105)	19,877
Total funds carried forward		1866	-38588	-36723	-27105

Statement of Balance

As at 31 December 2024

		(12 months) 2024 £	(12 months) 2023 £
Fixed Assets	Notes		
Office equipment		0	0
Fixtures and fittings		0	0
		0	0
Current Assets			
Bank Balances			
Bank Deposit Account		3536	3,479
Bank Current Account		49611	60790
Cash		28	342
		<u>53174</u>	<u>64611</u>
LIABILITIES			
Current Liabilities			
Accruals		4222	
		<u>4222</u>	<u>6040</u>
			<u>6040</u>
		<u>48,952</u>	<u>58571</u>
Accumulated Fund at the start of the Year		58571	85,676
Deficit of Income over Expenditure		-9618	-27105
Accumulated Fund at the end of the Year		<u>48,952</u>	<u>58,571</u>

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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 2024 was £10261 (2023 £1285.12). This was funded by The Janek Latosinski Charitable Trust (Known as the Janek Trust), Registered Charity SC037403

5. Restricted Funds

Community Fund	64156
Janenk Trust	<u>21673</u>
	<u>85829</u>

6 Unrestricted General Funds

Janenk Trust	2000
Donations	<u>210</u>
	<u>2210</u>

