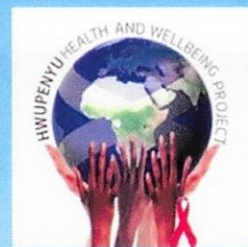


2025



Annual Report

Hwupenyu Health and Well-being Project

Address

Unit 8 Elderpack Workspace,
100 Elderpark Workspace
Glasgow,
G51 3TR

Scottish Charity Number

SC044991

Bank

Co-operative Bank
29 Gordon St,
Glasgow
G1 3PF

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

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 2025

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 2025 was a Surplus of £ 718 , (2024) Deficit of £9618.

The charity:

Unrestricted: (2025) £4278 (2024) £210

Restricted: (2025) £85590 (2024) £87829

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 30/09/2026
Dr. Charmaine Blaize
Chairperson of the Board of Trustees

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

This has been a challenging year for Hwupenyu, for our staff and volunteers, and for the women and families we support. Yet through these challenges we have continued to move forward, and we are proud of the progress we have made together. We are also truly grateful to our funders and supporters for their continued confidence in our work.

We would like to extend our sincere thanks to the Janek Latoinski Charity Trust for its additional funding. This generous support has allowed us to keep creating meaningful opportunities for women living with HIV to come together, reduce isolation, build confidence and improve their wellbeing.

One of our most significant achievements this year has been securing three years of funding from the Community Fund. This longer-term commitment brings Hwupenyu greater stability and allows us to plan our services with renewed confidence. We are also very grateful to People's Postcode, Souter Charitable trust and The Merchants House of Glasgow, whose support is helping us to strengthen and grow our work.

We are especially pleased that this funding will allow us to hold a weekend retreat for women aged 50 and over who are living with HIV. For many of the women we support, the chance to step away from everyday pressures is rare. The retreat will offer a safe and nurturing space where women can rest, connect with one another, share their experiences and focus on their emotional and physical wellbeing.

Looking back on the year, we know that none of this would have been possible without the dedication of our trustees, staff, volunteers, partners and funders. Most importantly, we thank the women who continue to place their trust in Hwupenyu. Their strength and experiences remain at the heart of everything we do.

We look forward to building on this progress in the year ahead, and to continuing to offer a welcoming, supportive and empowering community for every woman who walks through our doors.

Charmaine Blaize-La Caille
Chair, Board of Trustees

Yaa Nipah
Chief Executive Officer

Hwupenyu Health and Wellbeing Project

Our Projects

Community Education and HIV Prevention

Empowering our community through education is at the heart of our mission. By joining forces with local organisations and championing peer-led learning, we break down stigma and equip our communities with essential knowledge and life-changing resources.

Working alongside our partners, we have shaped sexual health education sessions that truly reflect the unique needs of refugee and asylum-seeking communities in Glasgow. With translators and interpreters making every session accessible, our workshops spark open conversations and hands-on learning, empowering participants to take charge of their health.

Complementary Therapies

For many of our service users, massage is now woven into the fabric of their wellbeing, providing a sanctuary of relaxation and easing persistent pain. Clients often share how these sessions not only soothe their bodies but also lift their spirits, melt away stress, and help them feel stronger in the face of daily challenges.

Our massage therapy service has, a steady stream of bookings and unwavering demand. This ongoing enthusiasm underscores just how vital the service has become in nurturing both the bodies and minds of our users.

Mental Health

Hwupenyu responded by nurturing essential connections, whether through lively digital chats, heartfelt phone calls, or warm face-to-face meetings. We recognised that wellbeing is not simply about escaping loneliness, but about discovering strength and support within it.

We brought people together through group activities like Chair Yoga, Crochet, Breathe, Diabetes Hwupenyu, and stroll-and-chat sessions around Glasgow Green. Sharing coffee and conversation became a highlight of our gatherings.

Mental health and wellbeing now flow through every Hwupenyu project, shaping a truly holistic approach to care. By weaving physical, emotional, and social support into all we do, we help build resilience and offer service users inclusive, person-centred support.

Women's Development

The Women's Development program offers safe spaces where Black and African women can feel supported, understood, and empowered. Through peer connections and mentorship, the program helps reduce isolation and boost confidence for women living with HIV and other chronic conditions. Weekly online groups give women both emotional and practical support, while also helping them build important life skills for living in Scotland. Many women have become active contributors and hosts, showing how the program encourages leadership, resilience, and community involvement.

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, , EJust Trading Scotland, and our dedicated volunteers.

I report to the trustees on my examination of the accounts of Hwupenyu Health and Well-being Project SCIO for the year ended 31 December 2025.

Responsibilities and Basis of Report

As the charity trustees you 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 (as amended). The charity trustees consider that the audit requirement of Regulation 10(1) (a) to (c) of the 2006 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.

My examination is carried out in accordance with Regulation 11 of the 2006 Accounts Regulations. 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 view given by the accounts.

Independent Examiner's Statement

Since the Charity has prepared its accounts on an accruals basis and is registered in Scotland your examiner must be a member of a body listed in Regulation 11(2) of the Charities Accounts (Scotland) Regulations 2006 (as amended). I confirm that I am qualified to undertake the examination because I am a member of, which is one of the listed bodies.



Muhammad Nasir Siddique AFA MIPA ACPA

Global Accountancy Practice

10 Allison Street

Glasgow

G42 8NN

Date: 30/09/2026

 **Global**
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Hwupenyu Health & Wellbeing Project Financial Report January 2025-December 2025

Statement of Receipts and Payments

			(12 months)	(12 months)
		Unrestricted	Restricted	
		General Funds	Funds	
	Note	£	£	Total 2025 £
				Total 2024 £
Receipts				
Grants Received			85590	85590
Donations		4278		4278
Bank Intrest		50		50
Total Receipts		4328	85590	89918
Payments				
Payments for Charitable activities:				
Massage Costs				0
Food bank			6,743	6743
Foodbank Van Hire			2,580	2580
Project Cost			1,544	1544
Printing			1,051	1051
Printed leaflets				0
training				0
Rent			9,816	9816
Electricity			1,112	1112
Travel			688	688
Water rates			310	310
Salaries			60,327	60327
Insurance			1,535	1535
Internet			1,240	1240
Web design, Hosting and Maintenance			932	932
Office Expenses			983	983
Telephone				0
Mobile Charges			1,527	1527
Bank charges			24	24
Postage				0
Stationary			189	189
Subscription			90	90
Food /Catering				0
Room Hire				0
Bad Debts			-2,381	-2381
AGM				0
Recruitment Expenses				0
Accountancy Fees			887	887
Total Payments		0	89,200	89200
Surplus/Deficit for the year		4328	-3610	718
Transfers between funds				
Net movement in funds after tranfers		4328	-3,610	718
Total funds brought forward		1866	47,087	48,953
Total funds carried forward		6194	43477	49671

Hwupenyu Health & Wellbeing Project Financial Report January 2025-December 2025

Statement of Balance

As at 31 December 2025

		(12 months) 2025 £	(12 months) 2024 £
<u>Fixed Assets</u>	Notes		
Office equipment		0	0
Fixtures and fittings		0	0
		0	0
<u>Current Assets</u>			
Bank Balances			
Bank Deposit Account		3586	3,536
Bank Current Account		48128	49611
Cash		95	28
		<u>51809</u>	<u>53174</u>
 <u>LIABILITIES</u>			
Current Liabilities			
Trade Creditors		<u>2138</u>	<u>4222</u>
		<u>2138</u>	<u>4222</u>
		<u>49,671</u>	<u>48952</u>
 Accumulated Fund at the start of the Year		48953	58,571
Deficit of Income over Expenditure		<u>718</u>	<u>-9618</u>
Accumulated Fund at the end of the Year		<u>49,671</u>	<u>48,953</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 2025 was £9816 and Electricity£1112 (2024 £10261). 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	21673
Peoples Postcode	10000
Merchants House of Glasgow	3200

85590

6 Unrestricted General Funds

Janenk Trust	2000
Souter Charitable trust	2000
Donations	278
	4278

Funders & Supporters

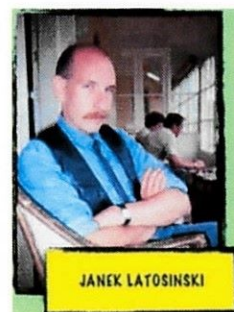
We are extremely grateful to the following organisations for helping to support and fund our work:

- Women's Support Project
- Community Transport
- Fareshare
- Interfaith
- Janek Latoinski Charity Trust
- JK Fresh
- National Lottery Community Fund
- NHS

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 Women's Support, 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.



The Janek Latoinski Charitable Trust