

# Annual Report

2024-25



**ARUKAH NETWORK**  
FOR GLOBAL COMMUNITY HEALTH

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# CHARITY OVERVIEW

The mission of **Arukah Network** is to support some of the poorest communities in Sub-Saharan Africa and India **to improve their physical and mental health, wellbeing and education.**

We do this by **empowering, encouraging, coaching, resourcing & training** **‘Clusters’** to work out solutions from within, using their inherent gifts and skills.

A Cluster brings together local community leaders from 10 to 50 local organizations, **who pledge to work in friendship and collaboration to address the needs of their community.** Together, they are able to take on larger, regional challenges that would be difficult for any single individual or organisation to handle alone.



Our role at Arukah is to walk alongside them providing information, evidence, linkages and training to help them achieve their goals.



# MEET THE TEAM



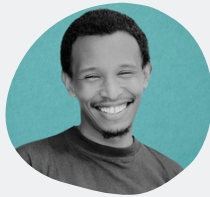
**Dr. Ted Lankester**  
Co-founder &  
Custodian



**Robins Odiyo**  
Cluster Development  
Lead, Africa



**Teresa Echevarria**  
Finance Lead



**Brian Wainaina**  
Communications &  
Network Engagement



**Hormisdas Ndagijimana**  
Cluster Administrative  
Assistant

This past year, the roles in the Support Team were redefined. Sarah's departure saw Brian take on Operational responsibilities which have involved assisting in administrative tasks and fundraising efforts. Robins has focused on strengthening Clusters through training and leadership development, with Hormis assisting in outreach and regular Cluster updates. Ted's wisdom and vision continues to guide Arukah and Teresa's skill and presence have been valuable in managing our finances.

# TRUSTEES



**Keryann Cope**  
Chair



**Andrew Tomkins OBE**



**Margaret Bee**



**Jane Hellings**



**Dan Ronoh**



**Elizabeth Lloyd**

# OUR CLUSTERS



**UTTARAKHAND**  
India



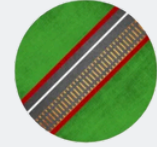
**BIHAR**  
India



**NORTH EAST**  
India



**CHABBS**  
Zambia



**CHISEKESI**  
Zambia



**MONZE**  
Zambia



**EKARI**  
Malawi



**KERICHO**  
Kenya



**OBANDA**  
Kenya



**MARA**  
Tanzania



New!

**UVIRA**  
Democratic  
Republic of Congo



**GOMA**  
Democratic  
Republic of Congo



**RWANDA**  
Rwanda



**LUBUMBASHI**  
Democratic  
Republic of Congo



# OUR PAST YEAR

In the past year we have seen new and emerging situations add major challenges to those we work alongside.

The extreme cut back in aid by the USA and UK has resulted in countless loss of lives, worsening childhood and adult nutrition, and re-emerging deadly diseases in the areas where we are working.

In The DRC, militias have been causing intense distress to our hundreds of members, with some killed, raped and abused. Our leaders there are unbelievably brave and determined with God's grace to support and care for their members and communities.

Lastly, charitable funds are increasingly being used to support needs at home, and larger organisations involved in disaster relief. Smaller groups and long-term development charities like Arukah are feeling the strain.

However, our distinct Arukah model is still showing its effectiveness...

## SALT AT WORK

Several members of the [Goma Cluster](#) in the DRC have experienced positive change as a result of using our SALT approach in their lives and communities. 'SALT' is a tool that helps good community conversations take place, in order to bring about transformation of that community. ([Learn how it works here.](#))

### Josephine:

Inspired by SALT conversations within the [Cluster](#), Josephine decided to take personal initiative and start a small chicken farm. Starting with just five birds, she's grown a successful operation that now provides her with eggs, which she sells in her neighborhood. This provides her with a regular income and contributes to her family's well-being. She has also regained her self-confidence and has become a source of inspiration for other women in her community.



Josephine

### Adel:

SALT enabled Adel to reflect on and value her own abilities. She realized that she already possessed valuable resources: a small plot of land, courage, and the desire to succeed. She transformed a corner of her land into a productive vegetable garden, where she grows a variety of vegetables. Selling her produce allows her to meet her family's basic needs: food, healthcare, and her children's education.



### Lucie:

Through the support and guidance of the Cluster, Lucie learned to effectively plan and manage a business, which led her to launch a small local shop. She now provides for herself and her family and also shares her knowledge with other women, encouraging them to develop their own initiatives.



Lucie

# OUR PAST YEAR

continued...

## A NEW CLUSTER



When Gulain, a community leader in Uvira, DRC read about Arukah online, he was enthusiastic to launch a Cluster in his area. We connected him with Jackson (Goma Cluster leader) who began orienting him on the Arukah Cluster model and mentoring interested community members.

Soon after, [the Uvira Cluster launched](#).

Uvira, like Goma, continues to face insecurity and hardship due to rebel forces. However, they are keen on continuing their collective work and have begun an amaranth vegetable project to combat famine in their community. At least 175 households are directly benefitting from this initiative.

## A STORY OF RESILIENCE

In early 2025, the M23 rebel group captured the city of Goma in the Democratic Republic of Congo. The rebels were violent towards women, forcefully recruited unwilling men and cut off communication and essential services, and limited public gatherings. Many humanitarian organisations and health providers were forced to shut down. This had a profound impact on the [Goma Cluster](#), who were forced to remain indoors for their safety.

However, despite safety concerns, the Cluster has kept going, seeking to help those around them. They are taking care of child-led families who've lost their parents in the war, are [continuing with their chicken project](#) which is helping them sustain themselves, and training other groups on the Arukah model of collaboration. And thanks to the generous support of our Friends and partners, we were able to send a relief fund to assist families in urgent need. This fund was able to [buy meals for 100 families](#) and support over 200 children through emergency care and mentorship.



# OUR PAST YEAR

Continued...

## A FOCUS ON COMMUNITY MENTAL HEALTH

We hosted three online conversations on understanding, supporting and advocating for the mental health of individuals and communities. We learned helpful lessons from experienced psychologists, policy makers, a doctor and youth mentor who [graciously shared their stories](#).

In Kenya, [the Obanda Cluster](#) hosted Sarah, a volunteer from Spain who uses art as a way of improving emotional and mental wellbeing. Together, they provided a space for 41 school children and 10 women to reflect & express themselves creatively through artistic collages and guided conversations. After her visit, Sarah started a crowdfunding which went into fixing electricity and buying classroom equipment for the local school.

The Uttarakhand Cluster in India continues to [deliver grassroots mental health support and education](#) in rural areas. This past year, they conducted mental health awareness and first aid training for 200 community members. The neighbouring [Bihar Cluster](#) also organised youth peer-to-peer counselling sessions on stress and resilience for more than 150 participants.

## AGRICULTURE, WOMEN & THE YOUTH

Following Cyclone Freddy (2023/2024) which devastated groundnut crops, members of the [Malawi Cluster](#) shifted their focus to livestock and fruit tree production. With Arukah Network's seed funding, they launched a community poultry project that led to 30 women and youth being trained in chicken production, feed making, and business planning. They purchased 77 chickens which has now grown to over 700 in just 6 months, providing a good source of income to many households.

The Cluster also partnered with a like minded organisation to support youth and women in 12 villages through farming, and also installed solar-powered water pumps and provided hygiene training for 500 families.

In Zambia, the Chisekesi Cluster trained more than 50 households in sustainable farming techniques, while the Chabbs Cluster has been training women in handmade crafts to boost household income and build community solidarity.

The Kericho Cluster in Kenya has been engaging young people through leadership training, environmental clean-ups, and mental health advocacy. With Arukah's seed fund, they started chicken farming and a liquid soap project, and have been using [performance art for community advocacy](#).



# THE YEAR IN NUMBERS



**14 CLUSTERS  
IN 7  
COUNTRIES**



**1000+  
HOUSEHOLDS  
SUPPORTED**



**500+  
INDIVIDUALS  
TRAINED**



**200+ NEW JOBS  
CREATED**



**2.1K WEBSITE  
VISITORS**



**2.2K  
PODCAST  
PLAYS**



**9.5K SOCIAL  
MEDIA  
REACH**

## FROM THE COMMUNITY...

“Arukah immediately appealed to me. Your approach is centred on human relationships and co-creation. You don’t offer ready-made solutions, but encourage members to learn from each other, share their experiences and work together to create solutions that work for their contexts. I found this rare and valuable.”

~ **Gulain - Humanitarian & Uvira Cluster Lead**

“I trained clinically to work with disability, but I learnt the community side of disability by being part of the Cluster. Being involved in the community gives me wider perspectives and allows me to consider differing ways of doing things.”

~ **Jubin - Disability Specialist, India**

“The environment of our Cluster is such that it generates learning. There's a lot more collaboration rather than competition here, and everything's based on relationships. You feel like people are doing things with more passion, and it's very infectious.”

~ **Sushma - Health trainer, India** →

“Through the Cluster, we learned how to work with what we already have – our people, skills, ideas. It gave us confidence to solve our own problems.” ←

~ **Matthews - Health Worker, Zambia**

“An essential truth to remember is that communities should not be only considered as recipients of aid, but as partners. They are full fledged decision-makers, clear actors of their own future.”

~ **Jackson - Humanitarian & Goma Cluster Lead**

“I have worked with different organisations in the past who decide what is best for the community because of the funding that they give. This has never been a successful approach because no one understands a community better than those who live in it. Arukah is different because it guides and supports members to bring the change that **they** want.”

~ **Charles - Counsellor, Kenya** →



# ANNUAL ACCOUNTS

Statement of Financial Activities for the year ended 31st July 2025

	Unrestricted Funds				2025	2024
	General Funds		Restricted Endowment Funds		Total Funds	Total Funds
	Funds	Designated Funds	Funds	Funds		
<b>INCOMING RESOURCES</b>						
Total Voluntary Income	21,697	0	150		21,847	17,875
Grants	10,000		0		10,000	45,216
Other Incomes	85		0		85	2,713
<b>Total Incoming resources</b>	<b>31,782</b>	<b>0</b>	<b>150</b>	<b>0</b>	<b>31,932</b>	<b>65,804</b>
<b>RESOURCES EXPENDED</b>						
Costs of generating funds	4,450		0		4,450	1,500
Charitable activities	32,664		0		32,664	35,804
Finance and Administration	7,318				7,318	6,453
<b>Total Resources expended</b>	<b>44,432</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>44,432</b>	<b>43,757</b>
Net Income(Expenditure) for the year and net movement in funds	-12,650		150		-12,500	22,047
Fund Balance brought forward at 31 July 2024					46,462	24,415
Fund balances carried forward at 31 July 2025	-12,650	0	150		33,962	46,462
<b>FUNDS</b>						
General Fund					25,141	37,791
Restricted funds					8,821	8,671
<b>Total funds</b>					<b>33,962</b>	<b>46,462</b>
Cash held at CAF Bank as at 31 July 2025					34,445	47,216
Less/Cash held in Post-box Account						
Cash held in PayPal account						
Other Debtors					926	655
					35,371	47,871
Payment due to HMRC and Nest for July 2025					0	0
Other Creditors					-1,409	-1,409
Reconciled cash in hand					33,962	46,462

Continued on next page

# ANNUAL ACCOUNTS

Continued...

	Unrestricted Funds				2025	2024
	General Funds		Designated Funds		Total Funds	Total Funds
	General Funds	Designated Funds	Restricted Funds	Endowment Funds		
I Voluntary Income						
I.1. Gift-Aided Donation	3,583		120		3,703	3,430
I.2 Tax Recovered	896		30		926	858
I.3 Other	17,218				17,218	13,587
I.4 Events/Training	0				0	2,650
I.5 Income from Investments	85				85	63
Total Voluntary Income	21,782	0	150	0	21,932	20,588
2 Other incoming resources						
2.1 Grants	10,000				10,000	45,216
Total Incoming resources	<b>31,782</b>	<b>0</b>	<b>150</b>	<b>0</b>	<b>31,932</b>	<b>65,804</b>
<b>RESOURCES EXPENDED</b>						
3 Costs of generating funds						
3.1 Fundraising	4,450				4,450	1,500
Total Resources expended	4,450	0	0	0	4,450	1,500
4 Charitable activities						
4.1 Cluster costs	26,794		0		26,794	27,204
4.2 International Forums	0				0	0
4.3 Networking	1,300				1,300	450
4.4 Management and strategy	4,570				4,570	8,150
4.5 Other expenses	0	0	0		0	0
	32,664	0	0	0	32,664	35,804
5 Finance and Administration						
5.1 Insurance	298				298	293
5.2 Administration	7,020				7,020	6,160
	7,318	0	0	0	7,318	6,453
<b>Total resources expended</b>	<b>44,432</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>44,432</b>	<b>43,757</b>

**Notes:**

1.1 Donations given as one-off and by regular payment

1.2 Tax reclaimed up to 31 July 2025

2.1 Grants received from: Chalk Cliff Trust £5,000, Ogle Trust £4,000, Marshgate Trust £1,000.

**Dr. Ted Lankester**  
Co-founder & Custodian



**Kerryann Cope**  
Trustee Chair





[www.arukahnetwork.org](http://www.arukahnetwork.org)  
Charity Number: 1162564

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