



2023-2024 Annual Report



ARUKAH NETWORK
FOR GLOBAL COMMUNITY HEALTH

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That's Jackson, Cluster Leader, Goma,
DRC

CHARITY OVERVIEW

Charity Name: Arukah Network

Registered Charity Number: 1162564

Registered address: Arukah Network,
169a Pinner Road,
Harrow,
HA1 4EX,
UK

The objects of Arukah Network, as stated in our governing document, are:

“The relief of sickness and the preservation and promotion of physical and mental health among vulnerable communities in low and middle-income countries in Africa, Asia and South America.”



MEET THE TEAM

Click on a face to learn more



Dr. Ted Lankester
Co-founder & Advisor



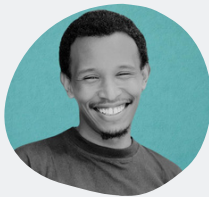
Sarah Wilson
Network Coordinator



Robins Odiyo
Cluster Development
Lead, Africa



Teresa Echevarria
Finance Lead



Brian Wainaina
Communications Lead



Elizabeth Lloyd
Network Coach



Hormis Ndagijimama
Administrative Assistant

We are delighted to welcome Hormis to the Support team. Hormis helped launch the Rwanda Cluster and is one of its leaders. He will become Arukah's Administrative Assistant, playing a vital role in supporting the growth and development of Clusters in Zambia, Rwanda, Tanzania, Malawi, Kenya, the DRC, and India. Welcome Hormis!

TRUSTEES



Keryann Cope
Chair



Andrew Tomkins OBE



Margaret Bee



Jane Hellings



Dan Ronoh



Elizabeth Lloyd

OUR DEVELOPMENT PLAN

We believe every community has the gifts and skills it needs to improve the health and wellbeing of all its members. We know local leaders care about their communities and want to improve health and wellbeing.

However, local leaders in vulnerable communities are often working in isolation and have minimal resources. Also, in a world of fake news, the best evidence based ways of working often don't reach the community level. Together these factors make it very hard to create sustainable change in health and wellbeing at a community level.

**IMPROVING THE
HEALTH OF
COMMUNITIES
TOGETHER**



OUR VISION

is to see health and wellbeing in communities around the world continually improving.



OUR MISSION

is to be a global network which **CONNECTS** and **SUPPORTS** local leaders who are working to improve the health and wellbeing of their own communities

*That's Oscar, Cluster Leader
Kericho, Kenya*



OUR CLUSTERS



UTTARAKHAND
India



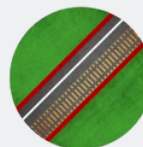
BIHAR
India



NORTH EAST
India



CHABBS
Zambia



CHISEKESI
Zambia



MONZE
Zambia



EKARI
Malawi



KERICHO
Kenya



OBANDA
Kenya



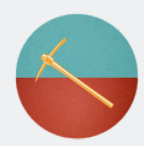
MARA
Tanzania



GOMA
Democratic
Republic of
Congo



RWANDA
Rwanda



LUBUMBASHI
Democratic
Republic of Congo



OUR PAST YEAR

This past year, our network has taken tremendous steps in changing their stories regardless of their environments. We have seen our Clusters become humanitarians in the middle of a civil war, equip members to become farmers, mentor the young in the community and successfully apply for life changing grants. Here are some small but significant examples of our work this year.



DRIVING ECONOMIC CHANGE

Last year, we wrote that the Ekari Cluster in Malawi formed a farmers co-operative to restore the self-confidence of the community and develop resilience against economic challenges. This year, they applied for a grant and received 85,000 US dollars! You can read the full story [here](#).

"WE ARE TAKING OWNERSHIP OF OUR FUTURE"

The Goma Cluster is situated in North Kivu, DRC- a green region that is increasingly hosting displaced people from the ongoing conflict. This past year, they have run awareness campaigns on food security and conflict management, visited refugees in Internally Displaced Camps, assisting 47 unaccompanied children each week, and launched their chicken farming program to help them generate income, improve food security and create job opportunities. You can read their full story on [our website](#).



OUR PAST YEAR

continued

GUIDING FUTURE LEADERS

Although the Obanda Cluster in Kenya launched recently, they have already taken huge strides in mentoring the youth. They often go to schools and talk to the students on 'hushed' topics like adolescence and adulthood, menstrual hygiene, STIs and HIV/AIDS. One of the leaders told us, "After a number of sessions, the children have opened up & are comfortable sharing their lives with us. They also understand the importance of good decision making." Read about the Cluster [here](#)



15 YEARS STRONG

In 2008, 15 health care organisations came together to form the first Arukah Network Cluster in Uttarakhand, India. Their goal? To work together, sharing their skills and resources, in an effort to improve the health and wellbeing of their communities. Late last year, 145 people came together to celebrate their fifteenth anniversary. [Here](#) is how it went.

KERICHO'S FIRST THEATRE SHOW

The Kericho Cluster recently produced and starred in the [first ever public theatre show in their county](#). It explored the complexities of modern life touching on themes of leadership, morality, family dynamics, and the consequences of unchecked ambition and poor decision-making. Many who attended expressed that the play sparked important conversations and provided a new perspective on the issues they addressed.



FROM THE COMMUNITY...

“I was really scared of getting pregnant and sexually transmitted infections, but with this sexual reproductive health training, I am aware of what to do to keep myself safe all the time.”

~ Following a girls health training in Malawi

“I am determined to serve my fellow young people without fear and shame.”

~ Following a similar boys health training

"Courage Arukah for the assistance of orphaned children in the camp, may God bless our partners"

~ As the Goma trip travelled to an IDP camp.

“The strength of the community lies in its collective voice”

~ A Cluster meeting in Malawi

“We pray for a continuation of the network for the coming years and that we would be stretched beyond our districts and cater to more needy areas in North India.”

~ Uttarakhand’s leader Raj Kumar during their 15 year Cluster celebration.



THE YEAR IN NUMBERS



13 CLUSTERS IN 7 COUNTRIES



286 MEMBERS IN 14 WHATSAPP GROUPS



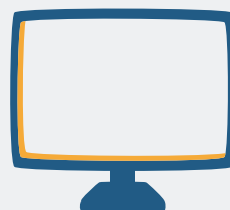
2.4K WEBSITE VISITORS



3.5K PODCAST PLAYS



8.7K SOCIAL MEDIA IMPRESSIONS



226 WEBINAR ATTENDANCE & VIEWS

ANNUAL ACCOUNTS

Statement of Financial Activities for the year ended 31st July 2024

	Unrestricted Funds			2024 Total Funds	2023 Total Funds
	General Funds	Designated Funds	Restricted Funds	Endowment Funds	
INCOMING RESOURCES					
Total Voluntary Income	17,725	0	150		17,875
Grants	45,216		0		45,216
Other Incomes	2,713		0		2,713
Total Incoming resources	65,654	0	150	0	65,804
RESOURCES EXPENDED					
Costs of generating funds	1,500		0		1,500
Charitable activities	35,804		0		35,804
Finance and Administration	6,453				6,453
Total Resources expended	43,757	0	0	0	43,757
Net Income(Expenditure) for the year and net movement in funds	21,897		150		22,047
Fund Balance brought forward at 31 July 2023					24,415
Fund balances carried forward at 31 July 2024	21,897	0	150		24,415
FUNDS					
General Fund					37,791
Restricted funds					8,671
Total funds					46,462
Cash held at CAF Bank as at 31 July 2024					47,216
Less/Cash held in Post-box Account					
Cash held in PayPal account					
Other Debtors					655
					47,871
Payment due to HMRC and Nest for July 2024					0
Other Creditors					-1,409
Reconciled cash in hand					46,462

Continued on next page

ANNUAL ACCOUNTS

Continued...

	Unrestricted Funds		Restricted Funds	Endowment Funds	2024 Total Funds	2023 Total Funds
	General Funds	Designated Funds				
I Voluntary Income						
1.1. Gift-Aided Donation	3,310		120		3,430	1,656
1.2 Tax Recovered	828		30		858	414
1.3 Other	13,587				13,587	12,250
1.4 Events/Training	2,650				2,650	400
1.5 Income from Investments	63				63	60
Total Voluntary Income	20,438	0	150	0	20,588	14,780
2 Other incoming resources						
2.1 Grants	45,216				45,216	27,000
Total Incoming resources	65,654	0	150	0	65,804	41,780
RESOURCES EXPENDED						
3 Costs of generating funds						
3.1 Fundraising	1,500				1,500	1,900
Total Resources expended	1,500	0	0	0	1,500	1,900
4 Charitable activities						
4.1 Cluster costs	27,204		0		27,204	31,230
4.2 International Forums	0				0	0
4.3 Networking	450				450	2,250
4.4 Management and strategy	8,150				8,150	20,652
4.5 Other expenses	0	0	0		0	0
	35,804	0	0	0	35,804	54,132
5 Finance and Administration						
5.1 Insurance	293				293	293
5.2 Administration	6,160				6,160	6,452
	6,453	0	0	0	6,453	6,745
Total resources expended	43,757	0	0	0	43,757	62,777

Notes:

1.1 Donations given as one-off and by regular payment

1.2 Tax reclaimed up to 31 July 2024

2.1 Grants received from: Golden Stable £5,000, Marshgate Trust £2,000, ECHO Trust £10,000, Ogle Charitable £4,000, Chalk Cliff £5,000, Souter Trust £4,000. SMB Charitable £1,500, CCIH £11,716 and Christian Medical Fellowship £2,000.

Dr. Ted Lankester
Co-founder & Health AdvisorKerryann Cope
Trustee ChairElizabeth Lloyd
Trustee




11th November 2024



ARUKAH NETWORK
FOR GLOBAL COMMUNITY HEALTH

www.arukahnetwork.org
Charity No. 1162564