



ARUKAH NETWORK

**ANNUAL REPORT
2022-23**

TABLE OF CONTENTS

03 CHARITY OVERVIEW

04 TRUSTEES + TEAM

05 REVIEWING FOR GROWTH

06 THEORY OF CHANGE

07 THE YEAR IN NUMBERS

08 STORIES OF SUPPORT

09 FINANCIAL REVIEW

10 ANNUAL ACCOUNTS



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.”



TRUSTEES



Trustee Update

After being a trustee for more than 15 years, Dr. Nick Henwood moved on to become an ordained priest at the Church of England. He has been with Arukah since the beginning and his heart of 'learning from each other' has helped shape the work of Arukah. He says, "I have enjoyed being part of an organisation with people that are gentle with each other, open to learn from one another and encourage each other."

The charity trustees are:

- Mrs. Kerryann Cope (Chair)
- Prof. Andrew Tomkins OBE
- Mrs. Margaret Bee
- Mrs. Jane Hellings
- Mrs. Elizabeth Lloyd
- Mr. Dan Ronoh

SUPPORT TEAM

Our Support Team all work for Arukah Network in a part time capacity to help connect and support our members. Sarah Wilson joined the team as the Network Coordinator and has been helpful in contributing to Arukah's support and development.

The Arukah Support team are:

- Dr. Ted Lankester - Strategic Advisor
- Sarah Wilson - Network Coordinator
- Elizabeth Lloyd - Network Coach
- Robins Ochieng - Cluster Support Lead for Africa
- Brian Wainaina - Communications Lead
- Teresa Echevarria - Finance Administrator
- Jake Lloyd - Podcast Presenter

That's Sarah!



GROWTH

OUR CLUSTERS



UTTARAKHAND
India



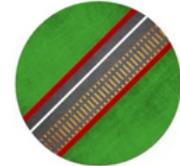
BIHAR
India



NORTH EAST
India



CHABBS
Zambia



CHISEKESI
Zambia



MONZE
Zambia



EKARI
Malawi



KERICHO
Kenya



MARA
Tanzania



SHIRATI
Tanzania



GOMA
Democratic
Republic of
Congo



RWANDA
Rwanda



LUBUMBASHI
Democratic
Republic of Congo

This past year, three new Clusters joined the Network. Read more about the Ekari, Goma and Lubumbashi Clusters on our website: arukahnetwork.org/clusters



COMMUNITY ACTION

Promoting health through training programmes in schools and women groups

Creating employment through a small scale farmers cooperative

Reducing stigma and discrimination around mental health through community input

More on arukahnetwork.org/clusters

OUR THEORY OF CHANGE

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

We are a global network
formed of individual members and organisations

Clusters connect local leaders together
united either by a geographical location or a shared theme

Webinars, coaching and a range of online resources
provide global connection, opportunities for development and more tailored support

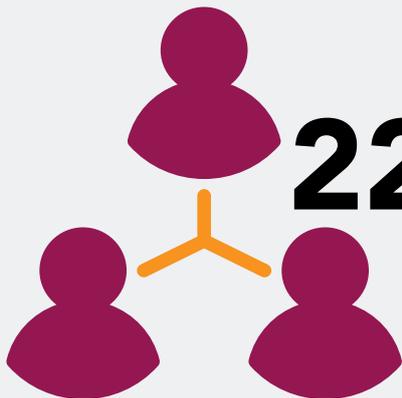
SALT visits to other members
are encouraged and facilitated in order to increase connection and support.
SALT stands for Support, Appreciate, Learn, Transfer

HOW WE WORK

ARUKAH CONNECTIONS THIS YEAR IN NUMBERS

13 CLUSTERS
IN **7** COUNTRIES

369
WEBINAR
ATTENDANCE
AND VIEWS



223 MEMBERS
IN 14 CLUSTER
WHATSAPP GROUPS

3,535
PODCAST
PLAYS

8,913

WEBSITE PAGE VIEWS
BY 2.5K DIFFERENT USERS



3,549 FACEBOOK PAGE REACH



9,134 X (TWITTER) IMPRESSIONS

STORIES OF SUPPORT

Close to our heart as a Network is supporting our Clusters to impact their communities. This year we met in person with local community leaders, shared resources on community health and development, and supported community leaders who formed new Clusters in different regions in Africa. Here are some small but significant examples of our work this year.

More stories can be found on our website: arukahnetwork.org/blog



FILLING THE ECONOMIC GAP

The Ekari Cluster in Malawi was launched earlier this year. In a poverty stricken area with no access to farm markets, they decided to restore the self-confidence of the community and develop resilience against economic challenges by forming a farmers co-operative. With 137 members, the co-operative is not only improving access to markets but creating employment opportunities as well.

THREE NEW CLUSTERS!

This year, a local leader from The Democratic Republic of Congo reached out to Robins Odiyo from the Support team. After a series of conversations, Robins took a trip to the DRC and together, they launched three new Clusters!



LEADERSHIP GATHERING

Seven Cluster leaders from six countries Africa met in Nairobi, Kenya to share about their work and collaborate on ideas and creative ways to grow themselves and the work of Arukah. It was a wonderful time of learning from each other, forging partnerships and looking ahead.

FINANCIAL REVIEW



The bulk of our charitable expenditure is spent on the cost of facilitation, training and supporting our Clusters.

Last year's budget showed an underspend due to the impact of the pandemic on our planned work, particularly in the area of Cluster Support Travel and Monitoring and Evaluation, supported by a significant grant from the Vitol Foundation.

With permission from the Vitol Foundation, we carried the remaining grant into this financial year. This means that we are showing an accounting deficit for our accounts ending July 2023, shown on the next page, but in reality we have been spending cash carried over from the previous year.

We are extremely grateful for the support we receive from a number of trusts, including the Golden Stable Charitable Trust, the Ogle Trust, the Vitol Foundation and the Marshgate Trust.

We are also extremely grateful to the individuals who give both regularly and one off donations towards the work of our Network.

Having reviewed the current financial situation and our reserves, the trustees believe that Arukah Network will continue for the foreseeable future as a going concern. We do not hold any debts and maintain reserves for at least 3 months of normal operations.



ANNUAL ACCOUNTS

Statement of Financial Activities for the year ended 31st July 2023

					2023	2022
	Unrestricted Funds					
	General	Designated	Restricted	Endowment		
	Funds	Funds	Funds	Funds	Total Funds	Total Funds
INCOMING RESOURCES						
Total Voluntary Income	14,170	0	150		14,320	21,749
Grants	27,000		0		27,000	17,000
Other Incomes	460		0		460	808
Total Incoming resources	41,630	0	150	0	41,780	39,557
RESOURCES EXPENDED						
Costs of generating funds	1,900		0		1,900	3,920
Charitable activities	53,879		0		53,879	48,168
Finance and Administration	6,745				6,745	6,487
Total Resources Expended	62,524	0	0	0	62,524	58,575
Net Income(Expenditure) for the year year and net movement in funds	-20,894		150		-20,744	-19,018
Fund balance brought forward at 31 July 2022					64,429	64,429
Fund balances carried forward at 31 July 2021	-20,894	0	150		43,685	45,411
FUNDS						
General Fund					15,894	36,787
Restricted funds					8,521	8,624
Total Funds					24,415	45,411

Continued on next page

ANNUAL ACCOUNTS

Continued

Cash held at CAF Bank as at 31 July 2023		
Less/Cash held in Post-box Account		
Cash held in PayPal account		
Other Debtors	414	1,951
	<u>25,824</u>	<u>47,036</u>
Payment due to HMRC and Nest for July 2022	0	0
Other Creditors	-1,409	-1,625
Reconciled cash in hand	<u>24,415</u>	<u>45,411</u>
	2023	2022

	Unrestricted Funds				Total Funds	Total Funds
	General Funds	Designated Funds	Restricted Funds	Endowment Funds		
I. Voluntary Income						
I.1. Gift-Aided Donation	1,536		120		1,656	7,805
I.2 Tax Recovered	384		30		414	1,951
I.3 Other	12,250				12,250	11,993
I.4 Events/Training	400				400	800
I.5 Income from Investments	60				60	8
Total Voluntary Income	<u>14,630</u>	<u>0</u>	<u>150</u>	<u>0</u>	<u>14,780</u>	<u>22,557</u>
2. Other incoming resources						
2.1 Grants	27,000				27,000	17,000
Total Incoming resources	<u>41,630</u>	<u>0</u>	<u>150</u>	<u>0</u>	<u>41,780</u>	<u>39,557</u>
RESOURCES EXPENDED						
3. Costs of generating funds						
3.1 Fundraising	1,900				1,900	3,920
Total resources expended	<u>1,900</u>	<u>0</u>	<u>0</u>	<u>0</u>	<u>1,900</u>	<u>3,920</u>

Continued on next page

ANNUAL ACCOUNTS

Continued

4. Charitable activities						
4.1 Cluster costs	30,977		253		31,230	30,461
4.2 International Forums	0				0	0
4.3 Networking	2,250				2,250	4,438
4.4 Management and strategy	20,652				20,652	13,269
4.5 Other expenses	0	0	0		0	0
	53,879	0	253	0	54,132	48,168
5. Finance & Administration						
5.1 Insurance	293				293	312
5.2 Administration	6,452				6,452	6,175
	6,745	0	0	0	6,745	6,487
Total Resources Expended	62,524	0	253	0	62,777	58,575



ARUKAH NETWORK

FOR GLOBAL COMMUNITY HEALTH

www.arukahnetwork.org

Charity No. 1162564