

# Trustees' Annual Report

For the year ended: 01/07/20

## Reference and administration details

**Charity name** Hidden Voices Kenya

**Other names the charity is known by** None

**Registered charity number (if any)** 1174076

**Charity's principal address** 61 Third Avenue, Liversedge, West Yorkshire, WF15 8JS, UK

## Names of the charity trustees who manage the charity

Trustee Name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
Dr Christine Kahigi	Chair		Hidden Voices Kenya (HVK) members
Peninah Wangari-Jones			HVK members
Dr Margaret Wachu Gichuhi			HVK members
Simon Kahigi Muigai			HVK members
Jacinta Njeri Wachira			HVK members
Patrick Mugo			HVK members
Caroline Schwaller			HVK members
Alice Wangui Gikandi			HVK members
Teresia Wangui Kamau			HVK members

## Structure, governance and management

**Governing document:** Constitution

**How the charity is constituted** Charitable Incorporated Organisation

**Trustee selection methods** Appointed by members

**Additional governance issues** n/a

## Objectives and activities

### Summary of the objects of the charity set out in its governing document

To promote and protect good mental health in Kenya in particular but not exclusively by:

(a) Educating the public about mental health illnesses by raising awareness, reducing stigma, fear, intolerance and stereotyping by working directly with people in various settings and in culturally appropriate ways

(b) Providing services and opportunities for people with mental illness, and their carers and families, by working in partnership with people in various settings and in culturally appropriate ways.

(c) Advocating for better support and mental health services by working at community level and with other service providers to increase the awareness of issues relating to mental illness, amongst politicians and government officials in an objective and persuasive way to help shape government policies and use of resources in the future.

### **Summary of the main activities undertaken for the public benefit in relation to these objects**

Due to lack of resources and a number of mitigating circumstances beyond the charity's control, activities were very limited. The pandemic also impacted a lot on activities planned for 2020. Movement restrictions which included travel restrictions between cities meant authorisations and visits to schools in Nyandarua and Nairobi did not go ahead.

The main activities include youth groups in Githurai meeting monthly to discuss mental health and wider factors. Others included an annual general meeting held in January 2020 as well as attendance by some of HVK ambassadors and trustees to an annual mental health conference, where they contributed to national government consultation for improved mental health services, laws and legislation.

There were also two papers written by HVK co-founders (chair and trustee) relating to the state of mental health and mental health services in Kenya.

Registration with the Kenyan Government finally achieved which enabled the charity to start more active and public work.

Post pandemic and as soon as lockdown measures ease, planning for the future will continue with an emphasis on focusing on young people and liaising with schools to continue building a better understanding and more open discussion about mental health and how it can affect people and their families. As well as continuing Githurai youth group meetings and inviting guests. This work will be carried out by two of the HVK ambassadors. There are also plans for monthly donations from a trustee to sustain the work because of lack of grants.

Activities continued to focus on raising awareness of the charity and of mental health, through a few introductory events led by volunteers. They included planning and starting to carry out awareness raising sessions in local schools: Kinoo Girls School and Kasarani High School, Nairobi in July 2019; well received with 130 students attending overall. Follow up meetings planned for September.

There was no funding received through the course of the year. Expenses related to the few meetings held was met by individuals. The opening of a bank account in Kenya did not go ahead as planned due to a requirement of a deposit.

HVK trustees and ambassadors have continued undertaking mental health related activities and tasks outside of hidden voices in Kenya, raising HVK's profile. They have continued to build a bank of information from the media and other sources to demonstrate the need for this attention to mental health. Information uploaded onto the website.

### **Additional details of objectives and activities**

The trustees rely on their own input and time until there are sufficient funds to employ staff.

## **Achievements and performance**

### **Summary of the main achievements of the charity during the year**

As stated above, the main achievements relate to developing the charity's fourth objective of advocating for better mental health support and services, which was done by contributing to the Kenyan government's consultation with the public and mental health advocates. Other achievements include writing and publishing a journal article via university of Nairobi and a paper via University of Leeds highlighting the issue of mental health. Finally and despite not having funding and whilst still going through the pandemic, youth in Githurai, Nairobi continued to meet and hold mental health conversations.

### Overall

Hidden Voices Kenya continues to be deeply committed to carrying out its objects but continues to be thwarted by the challenges of finding suitable funding and lack of day to day resources that enable trustees and volunteers to carry out activities. Thanks to the generosity of some, it has been possible to maintain momentum and ambition as the subject of mental health becomes more widely promoted through the media. The pandemic, travel restrictions, curfew and reduced income also greatly impacted on the plans intended for the year 2020.

### Financial review

HVK opened a Triodos Bank account in 2019 and £20 donation was made as a deposit in this financial year. With minimal financial activity at this stage simple records have been kept.

### Trustees' responsibilities in relation to the financial statements

Law applicable to charities in England and Wales requires the trustees to prepare financial statements for each financial year which give a true and fair view of the charity's financial activities during the year and of its financial position at the end of the year. In preparing financial statements giving a true and fair view, the trustees should follow best practice and:

- select suitable accounting policies and then apply them consistently;
- make judgements and estimates that are reasonable and prudent;
- state whether applicable accounting standards and statements of recommended practice have been followed, subject to any departures disclosed and explained in the financial statements;  
and
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in operation.

The trustees are responsible for keeping accounting records which disclose with reasonable accuracy the financial position of the charity and which enable them to ascertain the financial position of the charity and which enable them to ensure that the financial statements comply with the Charities Act. They are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

### Declaration

**The trustees declare that they have approved the trustees' report above**

**Signed on behalf of the charity's trustees**



**Signature**

Dr. Christine Muthoni Kahigi

**Name**

Chair

**Position (e.g. Chair etc)**

28.05.2021

**Date**



CHARITY COMMISSION  
FOR ENGLAND AND WALES

Charity Name Hidden Voices Kenya	No (if any) 1174076
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## Receipts and payments accounts

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For the period from	Period start date 8/1/2019	To	Period end date 7/1/2020
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### Section A Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
<b>A1 Receipts</b>					
Donation	20	-	-	20	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b> (Gross income for AR)	20	-	-	20	-
<b>A2 Asset and investment sales, (see table).</b>					
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	-	-	-	-	-
<b>Total receipts</b>	20	-	-	20	-

### A3 Payments

	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-

	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	-	-	-	-	-

<b>A4 Asset and investment purchases, (see table)</b>					
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	-	-	-	-	-

<b>Total payments</b>	-	-	-	-	-
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<b>Net of receipts/(payments)</b>	20	-	-	20	-
<b>A5 Transfers between funds</b>	-	-	-	-	-
<b>A6 Cash funds last year end</b>	-	-	-	-	-
<b>Cash funds this year end</b>	20	-	-	20	-

## Section B Statement of assets and liabilities at the end of the period

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
<b>B1 Cash funds</b>	Triodos Bank	20	-	-
		-	-	-
		-	-	-
	<b>Total cash funds</b>	20	-	-
	(agree balances with receipts and payments account(s))	OK	OK	OK
		Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
<b>B2 Other monetary assets</b>		-	-	-

	-	-	-
	-	-	-
	-	-	-
	-	-	-
	-	-	-

### B3 Investment assets

Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
		-	-
		-	-
		-	-
		-	-
		-	-

### B4 Assets retained for the charity's own use

Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
		-	-
		-	-
		-	-
		-	-
		-	-
		-	-
		-	-
		-	-
		-	-

### B5 Liabilities

Details	Fund to which liability relates	Amount due (optional)	When due (optional)
		-	

		-	
		-	
		-	
		-	

Signed by one or two trustees on behalf of all the trustees

Signature	Print Name	Date of approval