

# Trustees' Annual Report & Accounts April 2021



UNDETECTABLE = UNTRANSMITTABLE



**For the period 16th September 2020  
to 4th April 2021**

Registered charity in England and Wales (reg. no 1191316)

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## Statement from our Chair

This is our first Annual Report since we became registered as a charity in September 2020. It's certainly been an eventful period since the seeds were sown in 2018 to offer online peer support to those living with or affected by HIV in the UK.

Chris Williams initially took on the role of Service Lead with 5 Steering Group members who went on to become our first Plushealth trustees. Over the 7-month period to April 2021 we said goodbye with our thanks to Arnold Linares and Sarah Fraser in helping set the charity up. After identifying what skills were needed in recruiting new trustees, and with a focus on setting up lead responsibilities for the effective running of the charity, we extended a warm welcome to Lee Forster-Kirkham, Sean Hourigan and Shiraaz Sidat. Between them they come with a wealth of knowledge of HIV, working and volunteering in the charity sector.

We currently have funding to provide peer support through the London Fast Track Cities Initiative with an effective online booking system in place that can be adapted to suit both individuals and different services engaging with Plushealth. There has been a gradual increase of our National Peer Support Service and we planning to increase this further through engagement with clinics and other charities. We have developed discreet clinic resources to market this service which include wallet sized 'clinic cards' and posters with QR codes with links to our website resources.

Our website is continually being developed to add new pages including a Coronavirus page at the start of the pandemic, a Winter Wellness page highlighted over the winter months, groundwork for a new About Us section and a new Support our Work subpage where we continue to expand on all the ways someone might like to donate.

We ran our first World AIDS Day campaign via social media in December 2020. During National HIV Testing Week in February 2021, we created an animated video highlighting the need for anyone receiving a positive home test kit result to link into care, start treatment, stay well, and achieve viral suppression. This was promoted both on our website and via social media with the hashtag #ItsBetterToKnow. We received £1,000 grant from Saving Lives which was part put towards making the video with the rest going towards continued website development.

By the last quarter we had 5 volunteers in place with interviews for 3 further volunteers taken place following a second recruitment campaign. These include for peer support, policy writing, website development, and social media.

Over the initial months we have laid down a lot of the groundwork in terms of governance, policy development, opening a charity bank account and having IT systems and access in place. This, together with our new volunteers, puts us in a good position to be able to expand our service provision. We feel we have achieved a great deal and given the circumstances and the challenges we can all feel very proud of these achievements which have been a collective effort.

Income generation and funding is a key area for us to focus on going forward. The biggest challenge we currently face is having the bandwidth / capacity to manage and develop the charity on to a more sustainable footing.

We believe we offer a great service, and we need to ensure more people are aware of what our offer is. In doing so we can start to secure longer-term funding to ensure we can continue to grow our National Peer Support service as well as develop new projects in collaboration with NHS partners and other charities.

As a newly registered charity I feel we have risen to the challenges faced over the past year. I'd like to thank Chris Williams, our Service Lead, Wayne James who has developed our website and our volunteers for their commitment and dedication shown during this unprecedented time. It has been a learning process for all of us and we hope to keep on learning and developing our charity to increase support to those living with or affected by HIV.

Vicky Lomas  
Chair of the Board of Trustees

## Trustees' report

The board of trustees present their annual report on a part year basis starting 16<sup>th</sup> September 2020 when our charity was formally registered with the Charities Commission in England and Wales. The period end date of 4<sup>th</sup> April 2021 is in line with our stated financial year end date. The charitable activities and financial statements included in this report refer to this period, unless where stated (full year financial statement) which has been included for comparative purposes.

Plushealth is a small non-company charity with an annual income of less than £500k. We do not hold assets worth more than £3.26 million, and we have therefore followed the guidance to publish a simple report which covers the requirements as set out by the Charity Commission.

The trustees have chosen to set out the financial statements on a receipts and payments basis rather than prepare accrual accounts. Receipts and payments accounts involve simple cash accounting which shows the movement of cash in and out of the charity for the period stated. We have followed the notes as set out for the completion of accounts using the CC16a pro forma. As our total income is less than £25k for the period we have not included an audit or independent examiners report.

The trustees have taken the view that as this is the first year as a registered charity a balance needed to be struck with the cost associated with engaging an external auditor/examiner against any benefit in the preparation of the annual report and financial statements. We have strong financial controls in place which are overseen by our treasurer and finance working group which is made up of 4 trustees (including our treasurer) and our Service Lead.

### **Our aims and activities**

Our objects as set out in our constitution document dated 14<sup>th</sup> August 2020 are to address the needs of people living with HIV for the public benefit by

- Providing online and telephone peer to peer support
- Providing online support for HIV negative partners, close relatives, carers and friends of those living with HIV
- Providing practical information to improve knowledge about HIV and associated health conditions
- Providing online HIV prevention support and information for those most at risk of acquiring HIV

**Our vision** is to promote emotional and physical wellbeing by providing practical help and support so everyone living with HIV can live healthy active lives, free from stigma and prejudice.

**Our actions** are to inform, support, empower and improve the lives of people living with or affected by HIV.

**Our approach** is to provide information that is relevant, practical, and easy to understand which is based upon up-to-date science, research and guidelines relating to HIV care and treatment.

**Our delivery** is via a low cost, high value model, which embraces the use of digital technology. This enables our work to have national coverage so we can reach more people living with or affected by HIV.

- Our website pages are written by people living with HIV which are arranged to mirror the experiences of people living with HIV from initial diagnosis to living well with HIV and beyond.
- Our online peer support service is free to anyone over the age of 16 who is living with or affected by HIV. Having the opportunity to talk to someone else who is also living with HIV is very powerful and recognised by experts and clinicians as a vital part of modern HIV care.

### **The role and contribution of volunteers**

As a newly registered charity we are reliant on volunteers to undertake a variety of roles which include volunteering as a trustee, peer mentor, social media officer, finance, and general administrative volunteer roles. We highly value the contribution volunteers bring to our charity, as without their commitment we could not continue our valuable work.

We encourage our volunteers to contribute to the development of our charity and in return we are committed to providing role specific training and other opportunities for our volunteers to develop their knowledge and skills.

During the period covered by this report our volunteers (including trustees) donated 1200 hours. We estimate the monetary value to be £14.4k assuming a sessional hourly rate of £12 per hour.

### **In kind donations and support provided by other charitable organisations**

Whilst our charity has not received any in kind donations for the period covered by the report, we wish to acknowledge the support received from those who have provided informal advice and support.

We would also like to acknowledge the support given to some of our most vulnerable service participants from other charitable organisations which include The Foodchain (nutritional support), Terrence Higgins Trust (community forum, online counselling) Positively UK (benefit advice) Islington MIND and Migrant Help.

### **Public benefit statement**

HIV remains a highly stigmatised and misunderstood health condition, despite major advances in treatment, care, and advocacy. Whilst our services are specifically aimed at supporting people living with or affected by HIV there are wider public health benefits which include the following:

**Physical health benefits** – by providing up to date information on our website we can inform the general population about current HIV developments. We provide

information on the prevention of onward transmission of HIV using treatment as a form of prevention, sometimes referred to as TasP.

By providing one-to-one peer support we inform, support, and empower people living with HIV to improve their overall health, including viral suppression, linkage to care, and physical wellbeing.

**Emotional health benefits** – reducing the burden of internalised and perceived stigma has a significant benefit to wider society. Empowering people living with HIV to challenge misinformation and negative attitudes towards HIV can change beliefs and reduce stigma. Providing good quality information increases the knowledge and confidence of people who consider themselves at risk of contracting HIV. This in turn helps them make healthy choices in reducing their likelihood of acquiring HIV.

**Health costs** – there is evidence that where people living with HIV are supported at the point of diagnosis and beyond, their retention in care and adherence to treatment is improved when compared to those who do not receive peer support. There are additional health costs when people living with HIV are unable to continuously engage with their care and treatment. Inpatient care is particularly expensive with some estimates suggesting an average stay in a specialist HIV inpatient service costing up to £150,000.

## Our achievements and performance

### Charitable Activities

Our charitable activities are focused in two areas: online peer support and the information available on our website. Our website also provides the infrastructure to enable people seeking support to register and book appointments online.

### Peer support service

Our low cost, high value model of delivering peer support remotely using digital technology has been shown to be popular with the participants we work with. The service provides a seamless online experience where people living with or affected by HIV can register and book appointments online and get to 'meet' someone else living with HIV by their chosen means, typically within 2 to 3 days of registering for the service.

We provide one-to-one peer support through our national service, which is freely available across the UK, regardless of location. This is delivered remotely using digital platforms to include video, voice, and text chat support. As part of our national service, we provide peer support using email and other secure electronic means such as WhatsApp and other messaging platforms. We fund our national services through individual voluntary donations and unrestricted grant income.

In addition to our national peer support service, we provide one-to-one peer support as part of Fast Track Cities London project working alongside our partners Chelsea and Westminster NHS Foundation Trust, Positively UK, and Naz Project London. This service is funded via a restricted grant from Healthy London Partnership.

For the period 16<sup>th</sup> September 2020 to 4<sup>th</sup> April 2021 (all services) we delivered the following:

48	one-to-one peer support participants
303	individual interventions
6	interventions per participant
270	hours of peer support
£22	is the average cost per intervention
£136	is the average cost per peer support participant

### **National peer support service**

Providing peer support throughout the four nations of the UK is one of our long held primary objectives and has been developed by people living with HIV. This service is delivered and managed by Chris Williams, who has led this service since it was founded in 2018.

For the period 16<sup>th</sup> September 2020 to 4<sup>th</sup> April 2021 our national services delivered the following:

30	one-to-one peer support participants
171	individual interventions
6	interventions per participant
161	hours of peer support

Our service has been accessed by people living with HIV in 5 out of 9 regions in England, which accounts for 91% of our interventions, 9% of which were delivered to people living in Scotland. Of note is that 64% of our participants live outside London and South-East areas, where there are generally more services available to people living with HIV. We would of course like to see an even greater distribution of our service across the UK to include Wales, Northern Ireland, and other regions in England not shown below.

### **Fast Track Cities Initiative (London) peer support service**

This project is a collaboration with Positively UK, Naz Project and Chelsea and Westminster NHS Foundation Trust HIV Services, including 56 Dean Street, 10 Hammersmith Broadway, Kobler Clinic and HIV services at West Middlesex Hospital.

The project is funded by Healthy Partnership London as part of the Fast Track Cities Initiative with the aim of reducing new HIV cases to zero by 2030. Whilst London has already surpassed the UNAIDS goal of 90-90-90 there remains many challenges to ensure people living with HIV remain linked to care, continue to adhere to their treatment and keep the level of HIV fully suppressed (undetectable).

One of the notable features of this project is the quality improvement approach, whereby new ways of working can be implemented, evaluated, and revised on a continuous basis to arrive at a model that is based on best practice that is tried and tested and importantly puts people living with HIV at the centre of the clinical care and treatment they receive.

For the period 16<sup>th</sup> September 2020 to 4<sup>th</sup> April 2021 we supported 18 individual peer support participants via the Fast Track Cities Initiative improvement project. These individuals were referred to us by their clinical team because they met one or more of the following criteria:



- New HIV diagnosis within the last 6 months
- Experienced difficulties engaging consistently with their clinic team
- Experienced difficulties remaining adherent to their treatment
- Unable to maintain undetectable viral load and therefore at risk of health complications and onward HIV transmission
- Had periods of complete disengagement with their HIV care and treatment (lost to follow-up)

One of the main challenges faced by this project has been to ensure there is a very clear and easy referral pathway into the peer support service. At the start of the period reported, the average rate of referral was one a week, which has increased to an average of three per week by April 2021. There is much more work to be done to ensure referral into the peer support service becomes a standard method of early intervention and forms an integral 'opt-out' approach for people who are newly diagnosed with HIV.

## **Our website**

Our website provides practical information written by people living with HIV. We've arranged the information to mirror the experiences of people living with HIV from initial diagnosis to living well with HIV and beyond. Our website pages are regularly reviewed to include up to date information available in the public domain. Our approach is to provide information that is relevant, practical, and easy to understand and based upon up-to-date science, research and guidelines relating to HIV care and treatment.

## **Visitors to our website**

Visitors to our website continue to increase year on year. For the period 16<sup>th</sup> September 2020 to 4<sup>th</sup> April 2021 traffic to our website increased by 7% on the same period in the previous year. The following statistics provide a snapshot of visitors to our website:

Total visitors	1090
New visitors	1072
Returning visitors	221
Total sessions	2073
Total page views	5100
Average time on page	1 minute 30 seconds
Bounce rate	46%

## **Website development**

Our website is currently managed and updated by volunteers. It has been designed and developed using website HTML/CSS coding. This brings with it advantages in that it is a bespoke design and can be further developed to our exacting requirements. The challenge of this design is content management can be more complex and requires expert knowledge of the website to provide any updates or additions.

During the period we redesigned our homepage and added 4 'hot link tiles' which enabled us to highlight important information and activities we were focussed on. We also started to plan and develop a completely new 'About Us' section to include all the necessary information about our charity. This section has been arranged in 7 key areas detailed below:

[Our work](#)  
[Support our work](#)  
[Meet the team](#)  
[Meet our trustees](#)  
[Volunteer for us](#)  
[Work with us](#)  
[Contact us](#)

The focus on the new homepage has resulted in a delay to the work required for our Plus Older section of the website. This was originally re-scheduled to be completed in January 2021, which we have now pushed back to March 2022. This is disappointing and demonstrates the time taken to develop website content as well the effect of the coronavirus pandemic on our original website content plans.

### **HIV and coronavirus information**

We have continuously updated the information on our website in relation to the coronavirus pandemic, which has naturally been a big focus for us during 2020 / 21. We've developed our coronavirus information by following the guidance provided by the British HIV Association (BHIVA), European AIDS Clinical Society (EACS), Public Health England, the NHS, National AIDS Trust (NAT) COVID-19 Information Network and other HIV support organisations. We've also used other reliable sources of information available in the public domain.

In addition to the regular updates to the coronavirus information we produced 2 frequently asked questions resources which focussed on HIV and coronavirus and HIV and coronavirus vaccinations. These resources are regularly revisited and updated as required.

### **Our social media channels**

As an online service we are somewhat reliant on the use of social media to engage with the communities we serve. Facebook, Instagram, and Twitter are the main channels we currently use and would like to further develop our presence on YouTube and possibly TikTok in the future when resources allow.

During the period we developed 2 animated videos to feature on our social media channels. Our first video was developed to promote Plushealth as an organisation, with the second being developed to support National HIV Testing Week in February 2021. We plan to develop further such resources in the future to help us better engage with our charity beneficiaries.

## Financial review

As we are a newly registered charity our financial review covers the period 16<sup>th</sup> September 2020 to 4<sup>th</sup> April 2021 as required by the Charities Commission in England and Wales. We have included a comparative financial statement for our full financial year which provides an insight into our earlier financial activities.

Our receipts for the period totalled £13.5k, the majority of which were in the form of restricted funds (£9.9k) from our contract with Positively UK to deliver online peer support as part of London Fast Track Cities Improvement Fund.

Our payments (costs) were well controlled for the period and totalled £6.9k which provided a net positive movement in cash of £6.6k.

Our year end cash balance was £10.1k which is represented by the following:

Unrestricted funds	£2.6k
Restricted funds	£7.5k
<b>Total</b>	<b>£10.1k</b>

Our charity was unable to apply for several grants that became available during the first wave of the coronavirus pandemic due to the timing of our registration with the Charity Commission in England and Wales. Opening a bank account in the name of the charity was particularly challenging during 2020, with most of the high street banks not accepting new charity or business customers, due to the coronavirus pandemic restrictions. This further hampered our attempts to secure sustainability and development funding.

Despite this we were awarded a restricted grant from Saving Lives Charity to help us develop our website and social media presence to improve online engagement with our services.

### Principle receipts for the period

Voluntary donations	£1.1k
Unrestricted grants	£1.5k
Positively UK	£9.9k
Saving Lives	£1.0k
<b>Total</b>	<b>£13.5k</b>

Our contract with Positively UK to deliver online peer support as part of the London Fast Track Cities Improvement Fund runs until March 2023. The grant from Saving Lives was an in-year grant. Our voluntary donations are focussed on delivering our National Peer Support Service and maintaining our website. This remains unfunded, despite it being a significant area of our charitable activities.

### Loans, investments & property

We currently do not have any loans, investments or own any properties. Our constitution provides powers to the board of trustees to take out loans, make investment decisions and

to buy or lease property to further the objects of our charity for public benefit. At this current time, we do not envisage the need to use these powers.

### **Reserves policy**

The board of trustees have agreed a policy of keeping a working cash balance to ensure the charity can continue its charitable activities for a period of 3 months. In case of a decision being taken to dissolve the charity this would provide adequate financing to meet our contractual commitments and ensure the charity was closed in an orderly manner to reduce the impact on our beneficiaries and to ensure all financial agreements can be met.

### **Effect of coronavirus pandemic**

Like all charities our ability to raise funds through voluntary donations was affected in the period between September and December 2020. This is an important period within the HIV charity sector to raise awareness of HIV and provides a platform to encourage people to support our work within the sector.

National HIV Testing Week was postponed, and the World AIDS Day Red Run organised by Positive East was cancelled. Both these events would have provided an opportunity to us to raise the profile of our charity and to encourage individual charitable donations to fund our National Peer Support Service.

As previously mentioned, it was very challenging to open a suitable bank account in the name of the charity which had a big impact on our ability to apply for many grants that were available at the time. We sent 3 grant applications which were not successful, due to high demand. We received positive feedback from one grant application which said our proposal was well thought through, the financial plan was realistic, and we had clear aims and outcome measures. Unfortunately, the funding available was oversubscribed and the decision not to award came down to nuanced differences. In our case we were unable to open a charity bank account at the time of our grant proposal.

### **Future charitable activities**

Our vision is to develop the reach of our national peer support service across the UK to ensure people living with or affected by HIV can access one-to-one peer support free of charge regardless of where they live within the UK. This was the principle aim of our Founder Chris Williams which has been adopted by the board of trustees as our vision for the future of our charitable activities.

Our experience of delivering peer support online (remotely) has served the charity well during the coronavirus pandemic and we believe we have a strong operational model that will enable the charity to grow its presence to compliment other service providers in the post coronavirus pandemic era.

Our involvement in the Fast Track Cities Improvement Programme (London) has enabled us to develop a service model which can be integrated with NHS specialist HIV services. The experience gained to date by working with the HIV clinic teams at Chelsea and Westminster NHS Foundation Trust provides our charity with opportunities to work closely with other NHS Trusts to further develop the support available to people living with or affected by HIV.

## Charity structure, governance, and management

Plushealth was founded by Chris Williams in 2018 as a community project to deliver online peer support for people living with HIV in the UK and those UK nationals living or working overseas. At this point the charity was funded by a series of Crowdfunding initiatives.

In January 2020, a Steering Group was brought together by Chris Williams. The aim of this group was to provide the necessary diversity of skills to support the transition of the community project to attain charitable status. Our application was submitted to the Charity Commission in May 2020 and was approved in September 2020.

Plushealth is a Charitable Incorporated Organisation (CIO) where the only voting members are the charity trustees (foundation model). Five members of the Steering Group became the first trustees as detailed below:

Ms Vicky Lomas (Chair) 3-year term  
Mr Arnold Linares (Treasurer) 3-year term  
Mr Gerard Creamer 2-year term  
Mr Harun Tulunay 2-year term  
Ms Sarah Fraser 1-year term

### **Trustee recruitment**

We are committed to expanding the diversity and representation of all communities to our board of trustees. We welcome applications from under-represented individuals, particularly people from minority ethnicities, people who identify as trans and/or non-binary, and heterosexual men. We are currently working on a formal trustee recruitment policy to ensure that people living with HIV are well represented throughout our charity. We believe it is important our board of trustees includes people from all communities. Such a policy will be extended to our recruitment of employees and volunteers. Peer support roles are naturally occupied by people living with HIV.

In February 2021 three new trustees were appointed to our board of trustees. We undertook a competitive recruitment and selection process to replace vacancies within our board and to widen the range of experience and skills. Each candidate was interviewed by 2 existing trustees, supported by our Service Lead. Candidates were assessed against the same criteria with final decision to appoint being voted upon by the full board of trustees.

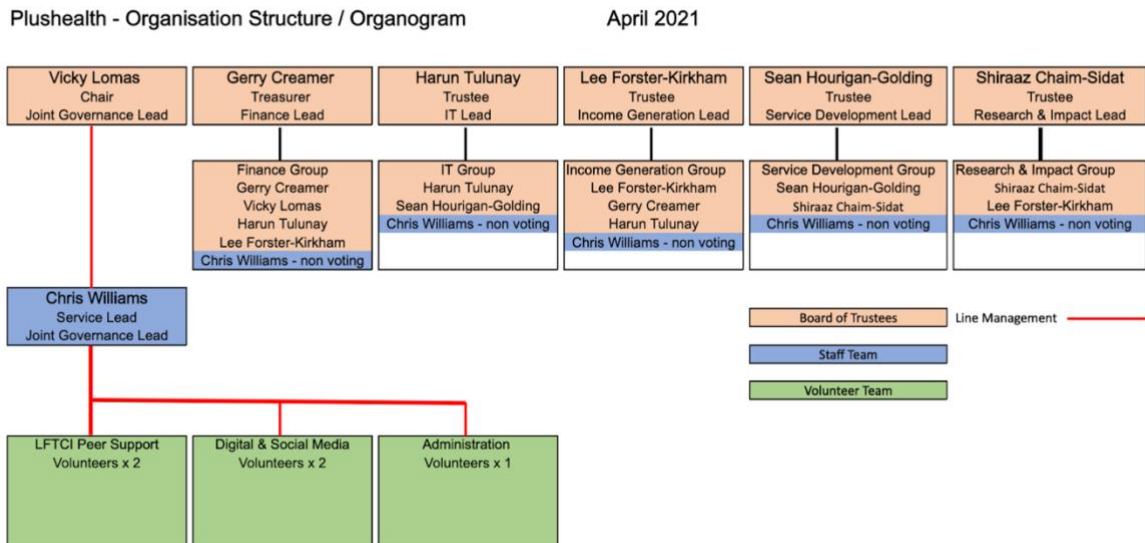
### **Policies and procedures adopted for the induction and training of trustees**

As a newly registered charity our resources are somewhat limited to carry out what might be considered as a formal induction of new trustees. We have been reliant on the information available via the Charity Commission website and in addition provided our trustees with 'in-role' training.

As members of the Small Charities Coalition we have taken advantage of several training courses in the period covered by this report. These include diversity awareness, trustee recruitment and selection, charity finance and fundraising.

## Organisational structure

The structure of our charity is shown in the organogram shown below.



We currently employ one part-time member of staff who is the Service Lead for Fast Track Cities Initiative London peer support service. This post is currently funded until March 2023.

The day-to-day management of our charity is a voluntary role at this stage in the development of our charity. The board of trustees have delegated this role to Chris Williams who is supported by a small team of volunteers. The trustees appointed from the original steering group agreed that Chris Williams was the right candidate to lead the day-to-day management of our charity because of his significant knowledge around HIV advocacy, treatment and care together with his experience of delivering peer support online.

## Charitable and political donations

During the report period our charity made no donations to other charitable or political party organisations.

## Risk management

The trustees have overall responsibility for setting the direction of the charity and to deliver the public benefits as stated in our governing document. Trustee responsibilities include the leadership, governance, and financial oversight of the charity to ensure it carries out its statutory obligations and always remains financially secure. The trustees review the risk register at each quarterly board meeting and take action to mitigate any potential risks to the financial viability and legal obligations as set out by the Charity Commission.

## Financial statements report

### <sup>1</sup>Statement of financial activities for the year ended 4th April 2021

#### Receipts and payment account

Receipts from:	Unrestricted £	Restricted £	Total Year £	Last Year £
Voluntary donations	1,117		1,117	N/A
Charitable activities	1,520	10,920	12,440	N/A
<b>Total Receipts</b>	<b>2,637</b>	<b>10,920</b>	<b>13,557</b>	<b>N/A</b>
<b>Payments made:</b>				
Generating voluntary receipts	221		221	N/A
Charitable activities	962	5,554	6,516	N/A
Governance	155		155	N/A
<b>Total Payments</b>	<b>1,338</b>	<b>5,554</b>	<b>6,892</b>	<b>N/A</b>
<b>Net receipts/(payments)</b>	<b>1,299</b>	<b>5,366</b>	<b>6,665</b>	<b>N/A</b>
<b>Cash funds last period end</b>	<b>1,371</b>	<b>2,124</b>	<b>3,495</b>	<b>N/A</b>
<b>Cash funds this period end</b>	<b>2,670</b>	<b>7,490</b>	<b>10,160</b>	<b>N/A</b>

### <sup>1</sup>Statement of the assets and liabilities at the end of the year 4th April 2021

Cash Funds	Unrestricted £	Restricted £	Total £
Cash at bank	2,670	7,490	10,160
Assets: kept for charity's own use	Unrestricted £	Restricted £	Total £
Equipment	349	0	349
<b>Creditors: falling due within one year</b>	<b>2,042</b>	<b>14</b>	<b>2,056</b>
<b>Net Assets: kept for charity's own use</b>	<b>977</b>	<b>7,476</b>	<b>8,453</b>

<sup>1</sup>The charity was registered with the Charity Commission in England and Wales on 16<sup>th</sup> September 2020. The statement of financial activities, assets and liabilities shows the position for the part-year 16<sup>th</sup> September 2020 to 4<sup>th</sup> April 2021

**<sup>2</sup>Comparative (full year) statement of financial activities for the year ended 4th April 2021**

**Receipts and payment account**

<b>Receipts from:</b>	<b>Unrestricted £</b>	<b>Restricted £</b>	<b>Total Year £</b>	<b>2019-2020 £</b>
Voluntary donations	1,288		1,288	3,760
Charitable activities	3,038	13,152	16,190	0
	-----	-----	-----	-----
<b>Total Receipts</b>	<b>4,326</b>	<b>13,152</b>	<b>17,478</b>	<b>3,760</b>
	-----	-----	-----	-----
<b>Payments made:</b>				
Generating voluntary receipts	221	0	221	146
Charitable activities	2,185	7,180	9,365	1,779
Governance	297	0	297	92
	-----	-----	-----	-----
<b>Total Payments</b>	<b>2,703</b>	<b>7,180</b>	<b>9,883</b>	<b>2,017</b>
	-----	-----	-----	-----
	£	£	£	£
<b>Net receipts/(payments)</b>	<b>1,623</b>	<b>5,972</b>	<b>7,595</b>	<b>1,743</b>
<b>Cash funds last period end</b>	<b>2,565</b>	<b>0</b>	<b>2,565</b>	<b>822</b>
<b>Cash funds this period end</b>	<b>4,188</b>	<b>5,972</b>	<b>10,160</b>	<b>2,565</b>

**<sup>2</sup>Comparative (full year) statement of assets and liabilities at the end of the year 4th April 2021**

<b>Cash Funds</b>	<b>Unrestricted £</b>	<b>Restricted £</b>	<b>Total £</b>
Cash at bank	4,188	5,972	10,160
<b>Assets: kept for charity's own use</b>	<b>Unrestricted £</b>	<b>Restricted £</b>	<b>Total £</b>
Equipment	349	0	349
<b>Creditors: falling due within one year</b>	<b>2,042</b>	<b>14</b>	<b>2,056</b>
<b>Net Assets: kept for charity's own use</b>	<b>2,495</b>	<b>5,958</b>	<b>8,453</b>

<sup>2</sup>This is the statement of financial activities, assets and liabilities shows the position for 12-month period 1<sup>st</sup> April 2020 to 4<sup>th</sup> April 2021



**<sup>1</sup>Movement of funds, as of 4th April 2021 (part year)**

	<b>Opening Balance</b>	<b>Income</b>	<b>Payments</b>	<b>Closing Balance</b>
<b>Unrestricted income:</b>	£	£	£	£
Voluntary donations	1,371	1,117	376	2,112
Charitable activities	0	1,520	962	558
	-----	-----	-----	-----
<b>Total unrestricted income</b>	<b>1,371</b>	<b>2,637</b>	<b>1,338</b>	<b>2,670</b>
	-----	-----	-----	-----
<b>Restricted income:</b>				
Fast Track Cities London	2,124	9,920	5,057	6,987
Saving Lives	0	1,000	497	503
	-----	-----	-----	-----
<b>Total unrestricted income</b>	<b>2,124</b>	<b>10,920</b>	<b>5,554</b>	<b>7,490</b>
	-----	-----	-----	-----
<b>Total income</b>	<b>3,495</b>	<b>13,557</b>	<b>6,892</b>	<b>10,160</b>
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<sup>1</sup> The charity was registered with the Charity Commission in England and Wales on 16<sup>th</sup> September 2020. The movement of funds shows the position for the part-year 16<sup>th</sup> September 2020 to 4<sup>th</sup> April 2021

**<sup>2</sup>Movement in funds, as of 4th April 2021 (full year)**

	<b>Opening Balance</b>	<b>Income</b>	<b>Payments</b>	<b>Closing Balance</b>
<b>Unrestricted income:</b>	£	£	£	£
Voluntary donations	2,565	1,288	518	3,335
Charitable activities	0	3,038	2,185	853
	-----	-----	-----	-----
<b>Total unrestricted income</b>	<b>2,565</b>	<b>4,326</b>	<b>2,703</b>	<b>4,188</b>
	-----	-----	-----	-----
<b>Restricted income:</b>				
Fast Track Cities London	0	12,152	6,683	5,469
Saving Lives	0	1,000	497	503
	-----	-----	-----	-----
<b>Total unrestricted income</b>	<b>0</b>	<b>13,152</b>	<b>7,180</b>	<b>5,972</b>
	-----	-----	-----	-----
<b>Total income</b>	<b>2,565</b>	<b>17,478</b>	<b>9,883</b>	<b>10,160</b>
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<sup>2</sup>The movement of funds statement shows the position for 12-month period 1<sup>st</sup> April 2020 to 4<sup>th</sup> April 2021

## Thank you

We should like to take this opportunity to thank all our supporters and volunteers without whom we would not be able to continue our valuable work. Starting a new charitable organisation as the coronavirus pandemic became more evident has been extremely challenging. It's thanks to the generosity of so many individuals and their belief in our vision that we have been able to make the successful transition to become a charity which has secured our vital work for the future.

Working collaboratively with other parties is vital for any charity and is particularly important for a small emerging charity like Plushealth. We would like to give special thanks to:

- Eddystone Trust
- Naz Project London
- Positively UK
- The Foodchain
- Terrence Higgins Trust
- Chelsea and Westminster NHS Foundation Trust  
Kobler Centre, Chelsea & Westminster Hospital  
56 Dean Street, Soho  
10 Hammersmith Broadway, Hammersmith  
Twickenham House, West Middlesex University Hospital
- Torbay and South Devon NHS Foundation Trust
- Fast Track Cities Initiative London

## Reference and administrative details

Charity name:	Plushealth
Registered charity number	1191316
Charity's principal address	250 Longford Court, Emlyn Gardens, London W12 9UW

<b>Names of the charity trustees</b>	<b>Date appointed</b>	<b>Date resigned</b>
Ms Victoria Anne Lomas (Chair)	16 <sup>th</sup> September 2020	
Mr Gerard Creamer (Treasurer) <sup>2</sup>	16 <sup>th</sup> September 2020	
Ms Sarah Fraser	16 <sup>th</sup> September 2020	31 <sup>st</sup> January 2021
Mr Sean Hourigan	1 <sup>st</sup> February 2021	
Mr Lee Forster Kirkham	1 <sup>st</sup> February 2021	
Mr Arnold Linares (Treasurer) <sup>1</sup>	16 <sup>th</sup> September 2020	31 <sup>st</sup> December 2020
Mr Shiraaz Chaim Sidat	1 <sup>st</sup> February 2021	
Mr Harun Tulunay	16 <sup>th</sup> September 2020	

<sup>1</sup> Stood down from the role of Treasurer in October 2020 and continued to be a Trustee until 31<sup>st</sup> December 2020.

<sup>2</sup> Took up the role of Treasurer in October 2020 to present

**Names of Senior Staff**  
Mr Christopher Williams  
(Service Lead – Fast Track  
Cities Initiative, London)

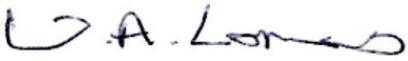
**Date appointed**  
1<sup>st</sup> July 2020

**Date resigned**

## **Declaration**

The trustees declare that they have approved the trustees' report and financial statements.

Signed on behalf of the charity's trustees

Signature: 

Full name: Vicky Lomas

Position: Chair of the board of trustees

Date: 20th January 2022