

# Annual Report of the Trustees & Unaudited Financial Statements for the year ended 31<sup>st</sup> December 2018



**Malaria 10 messages for children to learn & share**

- Malaria is a disease spread by the bite of an infected mosquito.
- Malaria is dangerous. It causes fever and can kill, especially children and pregnant women.
- Prevent malaria by sleeping under insecticide-treated bed nets that kill mosquitoes and stop them biting.
- Malaria mosquitoes often bite between sunset and sunrise.
- When children get malaria they may grow and develop more slowly.
- There are three types of insecticide spraying to kill malaria mosquitoes: in houses, in the air and onto water.
- The signs for malaria are high fever, headaches, muscle and stomach aches, and chills. Rapid tests and treatment will save lives.
- Malaria can be prevented and treated with medicine as directed by a health worker.
- Malaria lives in an infected person's blood and can cause anaemia, which makes us tired and weak.
- Antimalaria pills can prevent or reduce malaria and anaemia in places and at times when there is lots of malaria in a community.

The Malaria poster published in May 2018 has been downloaded 1510 in 87 countries

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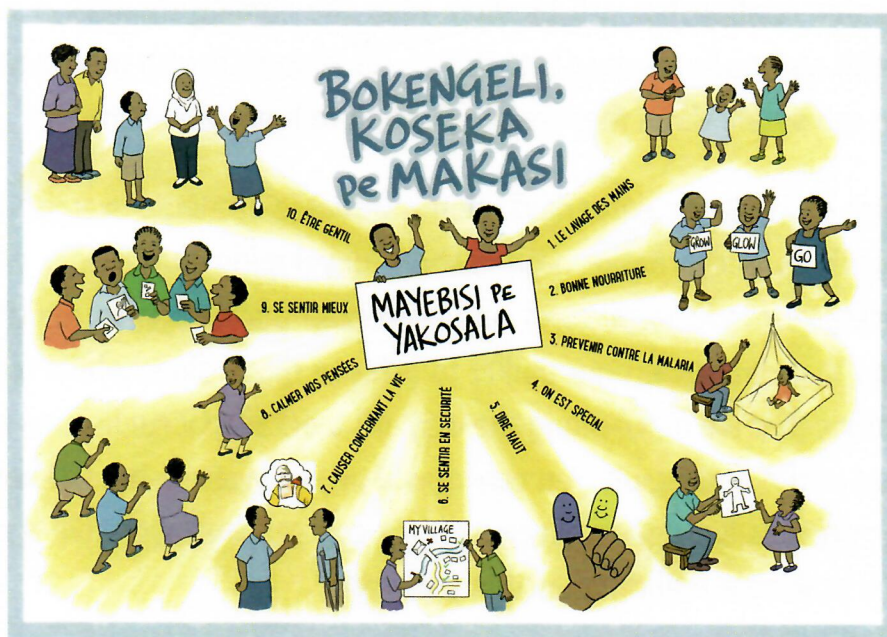
# MISSION AND VISION

Children for Health (CfH) seeks to mobilise children and young adolescents in the Global South to become health activists in their communities. Our radical re-imagining of health and life skills education provides a low-risk, high-return approach that is proven to improve health in places where preventable diseases still cause too many early deaths.

CfH works in partnership with scaleable, measurable government programmes and major international organisations such as Save the Children. Our partners share our commitment and passion to involve and support children as ambassadors and communicators of essential health messages. This is based on two key insights:

1. That children in most countries in the world play a vital role in their communities, looking after their siblings and friends, often without adult presence or supervision; and
2. That providing health information to these children in a relevant, fun and compelling way delivers immediate and lasting benefits in their communities.

Alongside its partners, CfH researches, develops, promotes and distributes health education materials for children and educators. Among these, we have developed 100 simple life-saving health messages "The 100" for children to learn and share, with 10 messages in each of 10 health topics including Malaria, Immunisation and HIV & Aids. We contribute towards enabling healthier, empowered families in the Global South.



*Within 24 hours of knowing that there was a new Ebola outbreak in the DRC, we mobilised our network to translate our poster into the local language spoken in the area most badly affected. Since it was published in June 2018 was downloaded 171 times.*

# LETTER FROM THE CHAIRMAN OF TRUSTEES, TOBIAS HANBURY

Dear Children for Health Friends

2018 was a year of robust progress for Children for Health.

Details of our activities and programmes during the year are described eloquently in Clare's report below.

It is always great to get peer recognition of Children for Health's work. So, we were delighted to win the "2018 Small Charity, Big Achiever" category in the Third Sector's annual awards. Through our work, and with modest resources, we have continued to have a disproportionate, catalytic impact in the development sector. Working through partner programmes, we improve the health and wellbeing of hundreds of thousands of children and their families and communities through our materials, methodologies and our innovative approach to health education.

It's also exciting to be involved with thought-leaders at the World Health Organisation - we are hoping that this relationship will blossom over the coming months. If we can get the Children for Health approach adopted into WHO's adolescent health programmes, as we are hoping, then we can surely claim that we are starting to have global impact.

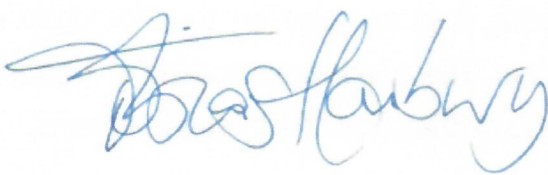
In the last quarter of 2018, we embarked upon a valuable strategic exercise that gave new clarity to our work as a charitable organisation, developing our Theory of Change. This helped us re-define our long-term goals and then map backwards to revisit the activities and interventions that strengthen our ability to achieve those aims, whilst reconfirming the various assumptions that we make along the way. It's a detailed visualisation of what we do, and we are proud of the final result. You can view it on our website [here](#). It has already been a useful tool for prospective donors, because they can see that we have a clearly defined pathway towards making a real difference in the world.

As we move into 2019, the key challenge facing us is to find and secure more sources of sustainable funding. This continues to be a struggle: even though we are winning national and international awards; even though our work is recognised and valued by WHO, Save the Children and many other leading NGO's and organisations; and even though we offer a highly-valued hub of freely-available resources and practical solutions to some of the hottest issues in health education - adolescent focus, child participation.

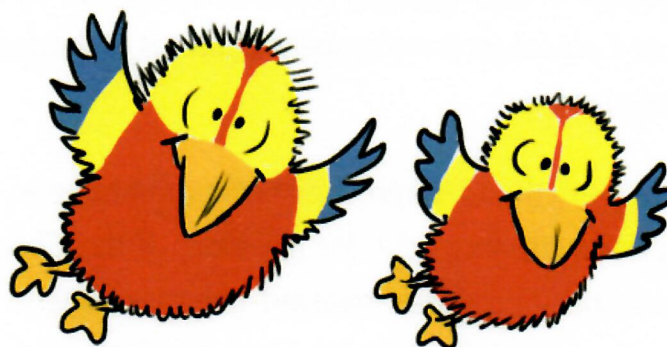
We have been expanding our network and have a number of interesting leads, particularly with Cambridge-based organisations. It has become clear that this "local" element in our fund-raising activities is more and more important for a charity like ours that does not run its own programmes in the Global South, which is often what funders like to invest in.

Clare continues to run Children for Health with passion, energy and commitment, and recovers quickly from all and any setbacks. I would also like to acknowledge the support, efforts and commitment of my fellow Trustees on the Board of Children for Health. We have some challenging but exciting times ahead, and I know we can count on everyone's determination and perseverance.

Yes, Children for Health is a SMALL charity, but we are certainly poised to achieve BIG things in the years ahead.



**Tobias Hanbury**  
**Chairman of Trustees**  
Children for Health



# LETTER FROM OUR CEO, CLARE HANBURY

Hello Dear Friends!

2018 was a year we saw digital hub for health education resources take off! We won an award and a University of Cambridge College featured our work on a double page spread on our work!

We saw 7,310 downloads of materials from our website. We know from the emails we get that some of these posters are used to help people design training models for educators and for health workers which then mean many more children are reached through their efforts. We also know that people use the posters as a template and adapt their own versions.

The new posters that we published this year on Nutrition and Malaria have been extremely popular. The process was also an exciting and enriching one as both involved us convening groups of experts and practitioners from around the world to help check our messages and activities. Please read below some of the comments from those who helped and from those who use the materials.

The materials are not only available from our website, they are also on the *Worldreader* platform and latest figures are that 2,257 copies of our titles were downloaded in Uganda and Tanzania. Many hundreds more readers accessed our titles from their mobile phones.

Our flagship programme in Mozambique is scaling and colleagues there say that 32,000 children will be involved in participatory nutrition education by the end of next year. The National Government Curriculum Development Centre is looking at the programme with the view to a national level roll out.

In India the four-year Save the Children signature programme in *Diarrhoea Prevention and Control* draw to a close with accolades for the work of the *Children's Health and Hygiene Clubs* and again thousands of children involved. In Lagos, Nigeria, the State Department are wanting to adopt the *Save the School Health Clubs* as a State-wide strategy. In December we

conducted a short piece of work for Save the Children linked to a government led nutrition education programme in Cambodia. As part of this we spent a bit of time with adolescents 13-16, older than the usual cohort and found them to be as interested and as full of ideas as the younger ones we have worked with in so many different places. We have also been delighted to have more discussions with the World Health Organisation, Health Promotion Unit and we expect to be working with them early next year.

In September 2018 we won the Third Sector's award, *Small Charity, Big Achiever*. A particularly special category. This was thrilling and in particular to win this category which felt like a big pat on the back with our unusual way of achieving results at scale. We think that our approach can contribute to a great future for international development. We hope that you think so too!



Clare Hanbury

**Third  
Sector  
Awards** **Winner  
2018**

# REVIEW OF ACTIVITIES 2018

## 1. Scaling Nutrition Education in Mozambique

As you will read in our 2017 annual report, the PCAAN programme we helped to create in Mozambique is still going strong in Mozambique and we are told reached 32,000 children this year directly. A rough assessment of the impact these children make on the lives of other children is reported at 128,000 children. In addition we understand that the National Curriculum Centre is considering a national level roll out of this approach. We are delighted with this although we are still hoping to go back out to Mozambique to meet and talk to colleagues there both to verify these exciting numbers and to understand how the government may wish to scale the programme. We are hoping to find funding to complete the translation and type setting of the materials used so widely in this programme.

**2. Our work with Save the Children in Nigeria (Lagos) and in India on Diarrhoea Prevention and Control** which we began last year is scaling and in 2018 many thousands of children are being reached directly and in turn, they reach thousands of others. We are able to share the suite of materials we developed below for these programmes more widely. We are working on the next edition and the revised materials will be available in 2019.



### 3. Save the Children Cambodia

At the tail end of the year I was invited to go to Kampong Cham in Cambodia to help with Save the Children's Adolescent Nutrition programme and to conduct training for Save the Children staff, frontline workers and local government officials. One of the aims was to explore the opportunities of effectively engaging older adolescents (15-19 years) in a provincial nutrition programme. During the training we shared our knowledge and experiences of the context in Kampong Cham and specifically what issue are linked to the causes of undernutrition for the children. We explored the differences between a more traditional nutrition education approach and participatory nutrition education where the children themselves are 'agents of change', defining problems and solutions to specific nutritional related problems that they can then implement at a family level. Part of this approach is, of course, that the adolescents understand the nutritional issues that affect children at different ages. We examined Children for Health activities that can be used to do this in a fun way. We also created and practiced using tools that help facilitators and the adolescents themselves understand the role of leader, speaker and planner – all important roles if they are to become activists even in their families.

We spent two afternoons with groups of children at a local high school and participants were able to find out from the children themselves what nutrition problems they faced and what they felt they could do to solve them. These school-based sessions with the adolescents was – as always – a highlight for everyone! Just a few hours with them



enough to convince even the most sceptical person of just how resourceful and competent children can be in defining and finding solutions!

In 2019 we expect to be a part of discussions to take this new programme forward.

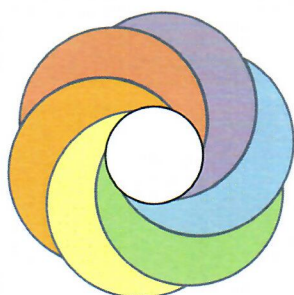
#### 4. A Partnership with *Peek Vision* focusing on Eye Health and Vision

We have a new partnership with *Peek Vision*, a social enterprise which develops smartphone-based systems to improve access to eye health in low- and middle-income countries, focusing on schools and communities. We are developing a suite of global eye health education materials and this includes our new model of adolescent behaviour change and development. We are delighted to be working alongside an adolescent behaviour expert, Sarah Newton in this work.



As many of our regular readers know, we love rainbows and this new model is called, *The Rainbow Circle*. Although being developed to tackle Eye Health and Vision and specifically,

'why children do not wear their spectacles', we believe this model will have wide applicability for *Peek* and others to use to explore other health topics and become a way for educators to work with children to develop the most effective ways to identify opportunities and overcome the challenges linked to putting health messages into practice.



#### 5. Working with the Health Promotion Unit at the World Health Organisation

In June 2018 the HPU at the WHO asked us to work with them to promote Children for Health's life skills approach within their Non Communicable Diseases Programme (NCD). To clarify and design this programme in June, Clare visited the WHO in Geneva for the day. This programme was postponed due to internal realignments but the relationship between the HPU and CFH was re-established at the end of the year. Early next year we expect to help with a 2-day programme design exercise.



# Children for Health Materials and the Digital Hub

## 1. CHILDREN FOR HEALTH MALARIA POSTER

To create the CfH Malaria Poster:

- We recruited a team of 10-20 experts and practitioners from expert networks, from the 'Health Information for All' forum ([www.hifa.org](http://www.hifa.org)) and from our existing network of close colleagues.
- We worked with them to revise and review the existing CfH messages and activities to create the new poster and ideas for illustrations.
- We then worked up a draft with our artist.
- We reviewed this 2/3 times in consultation with the expert/practitioner team.
- We created the reverse side of the poster with additional ideas on how to use the poster and activities that help.
- We finalised the poster, uploaded it to our website and sent it to relevant networks and relevant hubs, such as the Save the Children International's Resource Hub: <https://resourcecentre.savethechildren.net/library/malaria-10-messages-children-learn-and-share>
- We collected testimonials from all those involved with the development of the poster, to assist with its distribution.



To view the 2-sided poster click [this link](#)

## Results to date:

- In 2018, our Malaria Poster was downloaded 1,510 times in 87 countries.
- In August 2018, a group approached us from India who then repurposed the content on this poster and translated it into Tamil, Malayalam and Hindi for people affected by the flooding in Kerala.
- Several members of the HIFA community have given us good feedback on the poster.
- Numerous colleagues tell us that the poster is being used in training events and in schools where each poster reaches many adults and children, and this is ongoing.
- One of the members of the group who created the poster is planning to set up 'Children for Health' in Lagos called, '*Children Arise*'.

## Testimonials:

*"The simple yet effective messaging in this poster has the potential to transform lives one child at a time!"*

**– Mamsallah Faal-Omisore, Family Physician/Health Educator, Lagos, Nigeria**

*"Children are the future of the world. Health education of children about disease prevention is the way to go! Looking at this poster made me think of the time when I was a junior resident doctor years ago. It reminded me of the children who were admitted in our paediatrics ward in KWS Hospital, Lady Hardings Medical College, New Delhi, India. They were suffering from high fever, chills and would break out in sweats. We were trying to save their lives. They had been exposed to mosquitoes that carry the malaria infection. Following month I too was down with high fever and chills. My personal and professional experience tells me how important it is to prevent and treat malaria to be able to eradicate it. Effective prevention with use of bed nets, mosquito control measures including maintaining clutter free dry living spaces are important."*

*"As a global health professional, I fully appreciate and support all the hard work put in the creation of this poster. It's a very good beginning towards health education of children for prevention and treatment of a terrible disease. I hope that, malaria will be eradicated in near future by effective prevention and treatment."*

**– Shabina Hussain, MBBS, DPH, MPH, Independent Global Health Consultant,  
Tumwater, WA**

*“The potential impact of this poster on malaria control cannot be underestimated. Enlightening children on malaria prevention activities will positively influence the whole society.”*

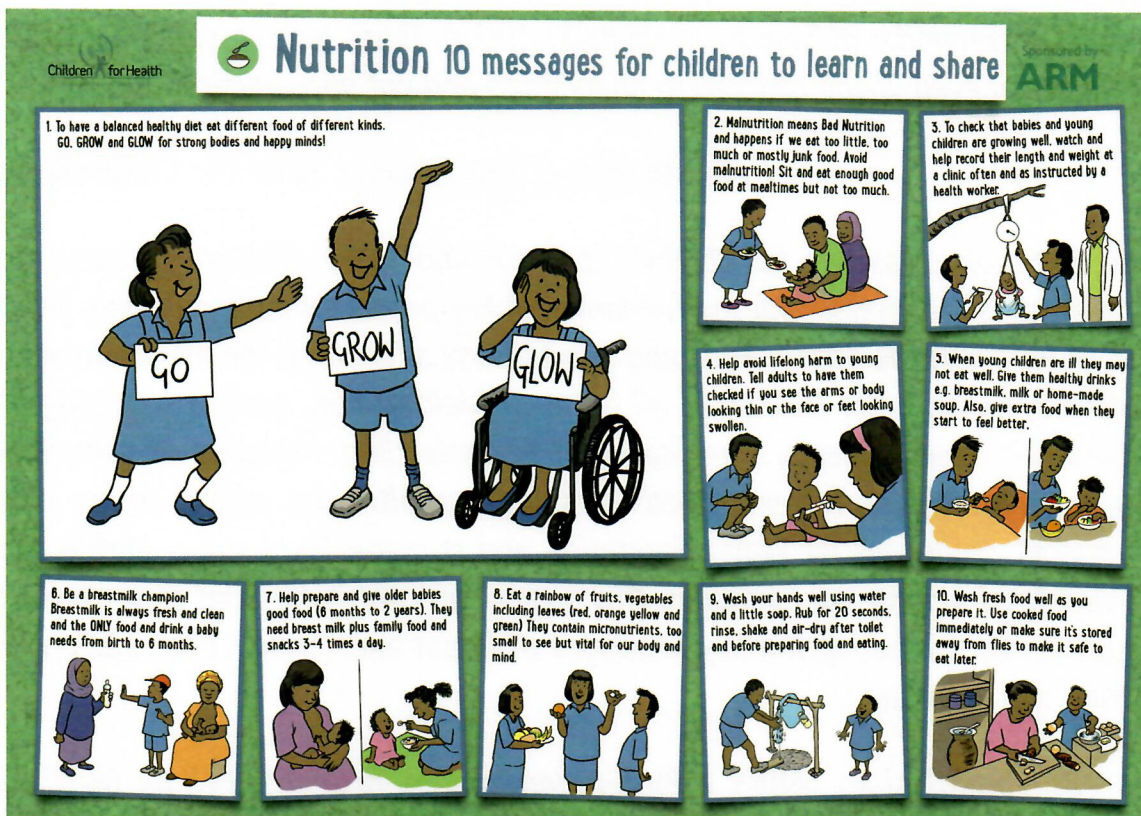
**– Idris Otun, Research Scientist, Malaria Research Unit, Department of Pure and Applied Zoology, Federal University of Agriculture, Abeokuta, South-Western Nigeria**

*“Children for Health’s 10 messages series is a fantastic resource for organizations working to improve healthy behaviours and practices in low income settings globally. I have no doubt this new malaria poster will help empower children with basic knowledge on malaria, how they could protect themselves and their families, and be the agents of change in their communities helping save lives.”*

**– Zaeem Haq, Head of Technical – East & Southern Africa, Malaria Consortium**

## 2. CHILDREN FOR HEALTH NUTRITION POSTER

We used the same process to create the CfH Nutrition Poster. This process took longer because there was a larger team and many differing views! However, we got to a good final point with all team members happy with the results.



*To view the 2-sided poster, [click this link](#)*

## Results to date:

- By the end of 2018, our CfH Nutrition Poster (published on the 7th August 2018) was downloaded 523 times in 51 countries.
- As with the CfH Malaria poster, we are told informally by numerous colleagues that the poster is being used in training events and in schools where each poster reaches many adults and children, and this is ongoing.
- In September 2018, CfH met a colleague from Bangladesh who is very taken with the 'Children for Health' idea that he learned about first from our CfH Nutrition Poster. He is seeking to integrate the CfH 100 messages into a training package for health workers in Bangladesh.

## Testimonials:

*"The short, action-oriented messages in this educational poster are valuable to promoting continual, visible communication on nutrition. These family- and community-based essential actions for good nutrition show that malnutrition must be addressed by many stakeholders."*

**– Carol Browne, Health and Nutrition Communication Consultant, South Africa**

*"A great visual reminder of how to avoid malnutrition. These ten messages are simple and clear enough for even young children to understand and put into practice."*

**– Helen Moestue, SHN Advisor, Save the Children, Norway**

*"The 10 Nutrition messages for children to learn and share effectively demonstrate an interactive way of understanding the fundamental key points for child nutrition. GO, GROW and GLOW for a Healthy, Strong Body and Mind clearly addressing the role of Balanced Diet in an attractive way. Basic concept of all forms of Malnutrition, earliest screening through anthropometric measurements, significance of Breastfeeding, initiation of complementary feeding, recommendation for extra feeding during and after sick period, source of dietary micronutrients, guidelines for Water, Sanitation and Hygiene, Food safety and Security are clearly visualized among the messages. This poster can contribute a lot towards improving child nutrition by promoting the key messages of Infant and Young Child Feeding, Growth Monitoring and Promotion."*

**– Dr. Shafiul Islam, MBBS, MPH (Epidemiology), Research Fellow, Nutrition and Clinical Services Division, International Centre for Diarrhoeal Disease Research, Bangladesh (ICDDR, B)**

### 3. CHILDREN FOR HEALTH CONTENT TRANSLATED INTO 16 INDIAN LANGUAGES FOR THE INTERNET IN A BOX PROJECT

For the IIAB project, we revised and developed a 26-page document on our 100 messages for children to learn and share and a summary of fun activities to do with children to help them understand and have fun with each of our 10 health topics: Malaria; Nutrition; Caring for Babies, HIV and AIDS, Coughs Colds and Pneumonia, Immunisation, Diarrhoea, Water, Sanitation and Hygiene (WASH), Intestinal Worms and Preventing Accidents and Injuries.

- Set up a partnership with and commission *Translators without Borders* to have our 100 messages document translated into 16 Indian Languages plus French, Swahili and Mozambican Portuguese.
- Converted the translated versions of our document into HTML and uploaded it to our website. [Click here to access our other languages content.](#)
- Converted the html files to downloadable pdf version and uploaded these pdfs to our website.



More information on the IIAB project can be found here:

*"Help create a world where people are no longer dying for lack of knowledge."*

— Healthcare Information for ALL (HIFA)  
[www.hifa.org](http://www.hifa.org)



Medical and Health  
**Internet-in-a-Box**  
South Asia Edition

**demo:** [medbox.iiab.me/s-asia](http://medbox.iiab.me/s-asia)  
**order:** [thingbits.net/iiab](http://thingbits.net/iiab)

Putting essential healthcare information  
in the hands of those who have no Internet

## Results to date:

- We are in the process of adding the 19 languages to our website and creating the 19 booklets in downloadable pdf format. We will then launch a campaign to promote this content on our own social media platforms and with Save the Children India, Save the Children International, the Health Information for All Forum and World Reader.
- Our 26-page document on the messages and activities is a document we are sending to colleagues who wish to translate the content into their languages and this month we have sent the document to Nigeria and to East Timor.

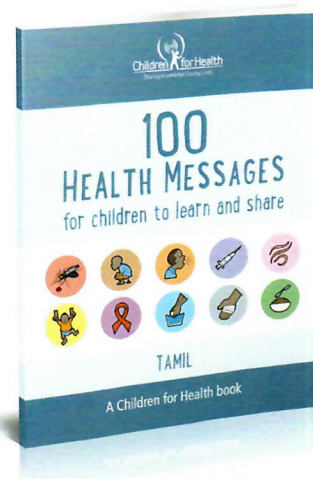
## Testimonial:

*"I'm delighted to hear that the content is available in Swahili, the TAs are all Swahili speakers and English is not so widely understood in these contexts. I also think the content is of the highest quality, and I realize just how much effort and resources it will save us by not having to do the work that you have done. I have had a look around your site and can see that there is plenty of content that we can use over the coming years, so I would be revisiting the site whenever I need some materials. Small NGOs can benefit considerably, and save a lot of scarce funds, by availing of free content like this."*

**– Simon Collery , Watoto Kicheko, Tanzania<sup>1</sup>**

## 4. THE DISTRIBUTION OF THE CHILDREN FOR HEALTH CONTENT (MESSAGES, POSTERS AND STORY BOOKS)

All the CfH Materials are freely available from our website. The funding we secured this year has enabled us to keep developing and monitoring this system and to establish metrics. Since April 2018, our materials have been downloaded 7,310 times in 118 countries. While some downloads will be by individuals who may not make use of the materials, we know that others are using their materials to develop school curricula and training programmes reaching hundreds, even thousands of children. Our materials are



<sup>1</sup> Simon Collery runs an orphanage in Arusha, Tanzania that has been successful in finding ways to provide for new-borns and young children that avoid separating them from their family in order to phase out orphanage-style care altogether.

also available via the Save the Children International 'hub', the health information hub 'Orb' and the storybooks are available via the reading books hub 'World Reader'.

As with other years we have written our blog and social media features one of our health topics every month and this constant steam of high quality content draw many hundreds of readers to our website and resources.

## 5. CREATING A NEW CHILDREN FOR HEALTH STORY BOOK (ONGOING)

Over the years we have developed 6 topic-focused storybooks. The stories feature our puppet mascots, ZuZu and ZaZa. Each book focuses on a health topic and what children can do. They are good stories aimed at 10-14-year-old readers. They are also used by older children to read to the younger children.

This year and with this funding, we are developing a book, The Four Friends about the creation of a school where the staff and students develop what we regard as the Children for Health 'ethos'. We wanted a book to give teachers and others to help teachers and others understand what might be described as a 'Children for Health School.'

## Awards, Publicity and Funding

In September 2018 we were delighted to receive the Third Sector Award in the category Small Charity Big Achiever.



Clare Hanbury was profiled in The Homertonian Annual Review, the magazine of the University of Cambridge College, Homerton, where Clare trained as a teacher.



## Download and read it

A lot of our work this year has been funded by the generous match of our seed funder, ARM and by the fees we earn from the technical work like training. We are on the hunt for other funders who, like ARM understand how we work and who were not only generous funders but provided mentoring and direction.

## Governance

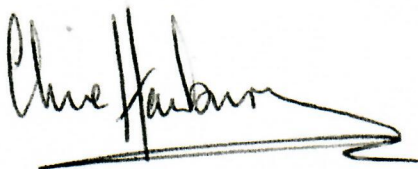
Like all charities, we also have the day-to-day administration of the charity to attend to – the bookkeeping, the accounting, the formal reporting, the Trustees meetings and, of course, fundraising.

# PLANS FOR THE FUTURE

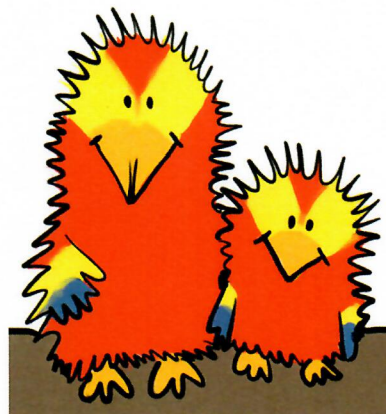
In 2019

- We are still pursuing the nutrition research programme with the Nutrition team at the *London School of Hygiene and Tropical Medicine*.
- Our partnership with Peek Vision has been established this year and we will complete a suite of global eye health materials with them in 2019.
- We are still discussing a potential partnership with the *World Health Organisation* but now in their Healthy Populations initiative.
- We will conclude *The Four Friends* and this will be a story within a Children for Health resource book where we will set out all our best resources and tools for educators everywhere.
- We hope to continue our work with Save the Children and we are still discussing the idea of setting up an online training course on Children's Participation in Health.
- We are experimenting with a crowd funding platform to raise funding for our posters and story books. A priority is a new poster in *Immunisation*.
- We are raising funding for developing new content and activities around well-being and resilience.
- We are still pursuing funding to help develop materials on well-being and resilience: 10 messages, a poster and a story book.
- We are actively seeking school or schools in which to set up as comprehensive a programme as we can to include tools such as the new *Rainbow Circle*, the *Rainbow Stick* and the 100 messages.
- We are setting up a Children for Health Memory Palace. An innovative method for children to learn the 100 messages.

With many thanks for all your interest in and support to Children for Health!



**Clare Hanbury**  
Director, Children for Health



# FINANCIAL REVIEW

Total income in 2018 grew +38.5% to £47,385 versus the previous year, with a decrease in Save the Children restricted grants offset by new income streams from Cambridge Assessment and Peek Vision, plus an increase in individual donations.

On the expenditure side, charitable activities were up 18.8% to £54,652 - 88% of which was spent on delivering the core programmes and the balance of just 12% was spent on administrative and other costs.

Overall, net expenditure for the year was (£7,267) meaning that our year-end balance on 31st December 2018 was just £3,273 compared to £10,540 at the end of the previous year. This is around 6% of total 2018 operating expenditure and is below the recommended 15% level for our year-end balance; this has meant that the charity has been operating with a tight cash situation in the first few months of 2019.

While the future funding scenario continues to be uncertain, we will be prudent in our use of funds.

# STRUCTURE & ORGANISATION

## BOARD OF TRUSTEES

Tobias Hanbury ..... Chairman

Madeleine Kavanagh ..... Trustee

Shelley Shoaib Le Breton..... Trustee

Anise Waljee ..... Trustee

## MANAGEMENT

Clare Hanbury-Leu ..... CEO

Amy Collins ..... Website, Social Media and SEO (Part time)

## COLLABORATORS

David Gifford ..... Illustrator     [www.inscriptdesign.com](http://www.inscriptdesign.com)

Liz Gifford ..... Author

Jean Maund ..... Web maintenance     [www.justaskjean.co.uk](http://www.justaskjean.co.uk)

## PROFESSIONAL ADVISORS

Baldwins Holdings Limited

## REGISTRATION & OTHER DETAILS

Registered Name: Children for Health Limited

UK Charity Registration Number: 115302853028

Registered Address: 32, Market Street, Swavesey, Cambridge, CB24 4QG, UK

Website: [www.childrenforhealth.org](http://www.childrenforhealth.org)

Facebook Page: <https://www.facebook.com/Children4Health/>

Twitter: <https://twitter.com/children4health>

## GOVERNANCE AND MANAGEMENT

The organisation is a charitable company Limited by Guarantee. The charitable company was registered with Companies House on 31 December 2012 and with the Charities Commission on 23rd July 2013. It is governed by memorandum and articles of association, which were amended by special resolution on 9 July 2013.

None of the Trustees have any beneficial interest in the company. All of the Trustees are members of the company and guarantee to contribute £1 in the event of a winding up.

### RISK MANAGEMENT

The Trustees have a duty to identify and review the risks to which the charity is exposed and to ensure appropriate controls are in place to provide reasonable assurance against fraud and error.

### APPOINTMENT OF TRUSTEES

In this sixth year, the Trustees were maintained on their specific experience and ability to contribute to the charity. We continue to look to expand our board. We currently have

- A person with a corporate business background as chair (Tobias Hanbury)
- A person with a communications corporate background (Madeleine Kavanagh)
- A person with a developing country background and expertise in education in Asia / South Asia (Shelley Shoaib le Breton)
- A person with long standing development experience in education and inclusion and an academic (Dr Anise Waljee)

We are seeking 2 further Trustees to take the board to a total of 6. These will include:

- A person with a strong finance or fund-raising background
- A person with a mobile technology background

We are recruiting using professional and personal connections and not through advertising.

**Appointment:** To date the CEO has recruited in consultation with the Trustees, and the appointment is made after consideration of the CV and voting.

**Induction:** The Trustees are inducted in up to three meetings with the CEO and by being sent up-to-date information on the responsibilities of Trustees from the Charities Commission and given access to a 'Trustees only' / drobox folder where Trustees documents are archived.

**Training:** The Trustees are all mid-late career professionals and three of the four have experience as Trustees with other charities. It is beyond the capacity and needs of this charity to provide specific training to the Trustees but this is something we will consider as need arise in the future.

## STATEMENT OF TRUSTEES' RESPONSIBILITIES FOR THE YEAR ENDED 31 DECEMBER 2018

The trustees, who are also the directors of Children for Health Ltd for the purpose of company law, are responsible for preparing the Trustees' Report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Company Law requires the trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charity and of the incoming resources and application of resources, including the income and expenditure, of the charitable company for that year.

In preparing these financial statements, the trustees are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charities SORP;
- make judgements and estimates that are reasonable and prudent;
- state whether applicable UK Accounting Standards have been followed, subject to any material 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 adequate accounting records that disclose with reasonable accuracy at any time the financial position of the charity and enable them to ensure that the financial statements comply with the Companies Act 2006. 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.

## INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF CHILDREN FOR HEALTH LTD

I report to the trustees on my examination of the financial statements of Children for Health Ltd (the charity) for the year ended 31 December 2018.

### RESPONSIBILITIES AND BASIS OF REPORT

As the trustees of the charity (and also its directors for the purposes of company law) you are responsible for the preparation of the financial statements in accordance with the requirements of the Companies Act 2006 (the 2006 Act).

Having satisfied myself that the financial statements of the charity are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of the charity's financial statements carried out under section 145 of the Charities Act 2011 (the 2011 Act). In carrying out my examination I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act.

### INDEPENDENT EXAMINER'S STATEMENT

I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:

1. accounting records were not kept in respect of the charity as required by section 386 of the 2006 Act; or
2. the financial statements do not accord with those records; or
3. the financial statements do not comply with the accounting requirements of section 396 of the 2006 Act other than any requirement that the accounts give a true and fair view which is not a matter considered as part of an independent examination; or
4. the financial statements have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102).

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the financial statements to be reached.



.....  
**Tracey Richardson BSc (Hons) FCA**

Ruthlyn House

90 Lincoln Road, Peterborough, Cambridgeshire, PE1 2SP

Dated: 12/7/19

## STATEMENT OF FINANCIAL ACTIVITIES INCLUDING INCOME AND EXPENDITURE ACCOUNT FOR THE YEAR ENDED 31 DECEMBER 2018

		Unrestricted funds 2018	Restricted funds 2018	Total 2018	Total 2017
	Notes	£	£	£	£
<b><u>Income from:</u></b>					
Donations and legacies	3	37,838	9,409	47,247	34,223
Charitable activities	4	138	-	138	-
<b>Total income</b>		<b>37,976</b>	<b>9,409</b>	<b>47,385</b>	<b>34,223</b>
<b><u>Expenditure on:</u></b>					
Charitable activities	5	45,453	9,199	54,652	46,010
<b>Net (expenditure)/income for the year/ Net movement in funds</b>		<b>(7,477)</b>	<b>210</b>	<b>(7,267)</b>	<b>(11,787)</b>
Fund balances at 1 January 2018		10,372	168	10,540	22,327
<b>Fund balances at 31 December 2018</b>		<b>2,895</b>	<b>378</b>	<b>3,273</b>	<b>10,540</b>

The statement of financial activities includes all gains and losses recognised in the year.

All income and expenditure derive from continuing activities.

The statement of financial activities also complies with the requirements for an income and expenditure account under the Companies Act 2006.

## BALANCE SHEET AS AT 31 DECEMBER 2018

		2018		2017	
	Notes	£	£	£	£
<b>Fixed assets</b>					
Tangible assets	9		830		1,246
<b>Current assets</b>					
Debtors	11	4,910		9,333	
Cash at bank and in hand		10,601		8,243	
		<u>15,511</u>		<u>17,576</u>	
<b>Creditors: amounts falling due within one year</b>	12	<u>(13,068)</u>		<u>(8,282)</u>	
Net current assets			<u>2,443</u>		<u>9,294</u>
<b>Total assets less current liabilities</b>			<u><u>3,273</u></u>		<u><u>10,540</u></u>
<b>Income funds</b>					
Restricted funds	13		378		168
<u>Unrestricted funds</u>					
Designated funds	14	830		-	
General unrestricted funds		<u>2,065</u>		<u>10,372</u>	
			<u>2,895</u>		<u>10,372</u>
			<u><u>3,273</u></u>		<u><u>10,540</u></u>

The company is entitled to the exemption from the audit requirement contained in section 477 of the Companies Act 2006, for the year ended 31 December 2018. No member of the company has deposited a notice, pursuant to section 476, requiring an audit of these financial statements.

The trustees acknowledge their responsibilities for ensuring that the charity keeps accounting records which comply with section 386 of the Act and for preparing financial statements which give a true and fair view of the state of affairs of the company as at the end of the financial year and of its incoming resources and application of resources, including its income and expenditure, for the financial year in accordance with the requirements of sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the company.

These financial statements have been prepared in accordance with the provisions applicable to companies subject to the small companies regime.

The financial statements were approved by the Trustees on 5/7/19

..... Madeleine Kavanagh .....

**Madeleine Kavanagh**  
**Trustee**

Company Registration No. 08329914

# NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 DECEMBER 2018

## 1 Accounting policies

### CHARITY INFORMATION

Children for Health Ltd is a private company limited by guarantee incorporated in England and Wales. The registered office is 32 Market Street, Swavesey, Cambs, CB24 4QG.

### 1.1 Accounting convention

The accounts have been prepared in accordance with the charity's governing document, the Companies Act 2006 and "Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)" (as amended for accounting periods commencing from 1 January 2016). The charity is a Public Benefit Entity as defined by FRS 102.

The charity has taken advantage of the provisions in the SORP for charities applying FRS 102 Update Bulletin 1 not to prepare a Statement of Cash Flows.

The financial statements are prepared in sterling, which is the functional currency of the charity. Monetary amounts in these financial statements are rounded to the nearest £.

The financial statements have been prepared under the historical cost convention, modified to include the revaluation of freehold properties and to include investment properties and certain financial instruments at fair value. The principal accounting policies adopted are set out below.

The financial statements have departed from the Charities (Accounts and Reports) Regulations 2008 only to the extent required to provide a true and fair view. This departure has involved following the Statement of Recommended Practice for charities applying FRS 102 rather than the version of the Statement of Recommended Practice which is referred to in the Regulations but which has since been withdrawn.

## 1.2 Going concern

At the time of approving the financial statements, the trustees have a reasonable expectation that the charity has adequate resources to continue in operational existence for the foreseeable future. Thus the trustees continue to adopt the going concern basis of accounting in preparing the financial statements.

## 1.3 Charitable funds

Unrestricted funds are available for use at the discretion of the trustees in furtherance of their charitable objectives unless the funds have been designated for other purposes.

Designated funds comprise funds which have been set aside at the discretion of the trustees for specific purposes. The purposes and uses of the designated funds are set out in the notes to the financial statements.

Restricted funds are subject to specific conditions by donors as to how they may be used. The purposes and uses of the restricted funds are set out in the notes to the financial statements.

## 1.4 Incoming resources

Income is recognised when the charity is legally entitled to it after any performance conditions have been met, the amounts can be measured reliably, and it is probable that income will be received.

## 1.5 Resources expended

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all costs related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

## 1.6 Tangible fixed assets

Tangible fixed assets are initially measured at cost and subsequently measured at cost or valuation, net of depreciation and any impairment losses.

Depreciation is recognised so as to write off the cost or valuation of assets less their residual values over their useful lives on the following bases:

Plant and equipment                      25% on cost

Computers                                      25% on cost

The gain or loss arising on the disposal of an asset is determined as the difference between the sale proceeds and the carrying value of the asset, and is recognised in net income/ (expenditure) for the year.

## 1.7 Impairment of fixed assets

At each reporting end date, the charity reviews the carrying amounts of its tangible assets to determine whether there is any indication that those assets have suffered an impairment loss. If any such indication exists, the recoverable amount of the asset is estimated in order to determine the extent of the impairment loss (if any).

Intangible assets with indefinite useful lives and intangible assets not yet available for use are tested for impairment annually, and whenever there is an indication that the asset may be impaired.

## 1.8 Cash and cash equivalents

Cash and cash equivalents include cash in hand, deposits held at call with banks, other short-term liquid investments with original maturities of three months or less, and bank overdrafts. Bank overdrafts are shown within borrowings in current liabilities.

## 1.9 Financial instruments

The charity has elected to apply the provisions of Section 11 'Basic Financial Instruments' and Section 12 'Other Financial Instruments Issues' of FRS 102 to all of its financial instruments.

Financial instruments are recognised in the charity's balance sheet when the charity becomes party to the contractual provisions of the instrument.

Financial assets and liabilities are offset, with the net amounts presented in the financial statements, when there is a legally enforceable right to set off the recognised amounts and there is an intention to settle on a net basis or to realise the asset and settle the liability simultaneously.

## **BASIC FINANCIAL ASSETS**

Basic financial assets, which include debtors and cash and bank balances, are initially measured at transaction price including transaction costs and are subsequently carried at amortised cost using the effective interest method unless the arrangement constitutes a financing transaction, where the transaction is measured at the present value of the future receipts discounted at a market rate of interest. Financial assets classified as receivable within one year are not amortised.

## **BASIC FINANCIAL LIABILITIES**

Basic financial liabilities, including creditors and bank loans are initially recognised at transaction price unless the arrangement constitutes a financing transaction, where the debt instrument is measured at the present value of the future payments discounted at a market rate of interest. Financial liabilities classified as payable within one year are not amortised.

Debt instruments are subsequently carried at amortised cost, using the effective interest rate method.

Trade creditors are obligations to pay for goods or services that have been acquired in the ordinary course of operations from suppliers. Amounts payable are classified as current liabilities if payment is due within one year or less. If not, they are presented as non-current liabilities. Trade creditors are recognised initially at transaction price and subsequently measured at amortised cost using the effective interest method.

## **DERECOGNITION OF FINANCIAL LIABILITIES**

Financial liabilities are derecognised when the charity's contractual obligations expire or are discharged or cancelled.

## 2 Critical accounting estimates and judgements

In the application of the charity's accounting policies, the trustees are required to make judgements, estimates and assumptions about the carrying amount of assets and liabilities that are not readily apparent from other sources. The estimates and associated assumptions are based on historical experience and other factors that are considered to be relevant. Actual results may differ from these estimates.

The estimates and underlying assumptions are reviewed on an ongoing basis. Revisions to accounting estimates are recognised in the period in which the estimate is revised where the revision affects only that period, or in the period of the revision and future periods where the revision affects both current and future periods.

## 3 Donations and legacies

	Unrestricted funds 2018 £	Restricted funds 2018 £	Total 2018 £	Total 2017 £
Donations and gifts	17,838	-	17,838	10,667
Grants received	20,000	9,409	29,409	23,556
	37,838	9,409	47,247	34,223
<b>For the year ended 31 December 2017</b>	<b>19,600</b>	<b>14,623</b>	<b>-</b>	<b>34,223</b>
<b>Grants receivable for core activities</b>				
Save the Children	-	5,084	5,084	14,223
ARM	10,000	-	10,000	9,333
Cambridge Assessment	10,000	-	10,000	-
Peek Vision	-	4,325	4,325	-
	20,000	9,409	29,409	23,556

## 4 Charitable activities

	2018	2018
	£	£
Book sales	138	-

## 5 Charitable activities

	2018	2017
	£	£
Postage and stationery	-	43
Travelling expenses	756	282
Legal and professional	-	718
Consultancy and delivery	47,868	29,183
Meeting costs	-	25
Website and microsite development	714	1,344
Direct costs	-	252
Advertising and promotion	189	2,730
Refund of grant overpayment	-	5,250
	<u>49,527</u>	<u>39,827</u>
Share of support costs (see note 6)	2,519	2,866
Share of governance costs (see note 6)	2,606	3,317
	<u>54,652</u>	<u>46,010</u>

### Analysis by fund

Unrestricted funds	45,453
Restricted funds	9,199
	<u>54,652</u>

### For the year ended 31 December 2017

Unrestricted funds	22,441
Restricted funds	23,569
	<u>46,010</u>

## 6 Support costs

	Support costs	Governance costs	2018	2017
	£	£	£	£
Depreciation	416	-	416	499
Insurance	-	-	-	(267)
Postage and stationery	163	-	163	89
Travelling expenses	1,013	-	1,013	953
Computer costs	196	-	196	973
Sundry expenses	172	-	172	202
Subscriptions and competitions	394	-	394	169
Bank charges	165	-	165	248
Accountancy	-	2,304	2,304	2,304
Legal and professional	-	302	302	1,013
	2,519	2,606	5,125	6,183
Analysed between charitable activities	2,519	2,606	5,125	6,183

## 7 Trustees

None of the trustees (or any persons connected with them) received any remuneration or benefits from the charity during the year.

During the year the chair of trustees was reimbursed airfare totalling £770 (2017 - £655) as per an agreement with the trustees.

## 8 Employees

There were no employees during the year.

## 9 Tangible fixed assets

	Plant and equipment	Computers	Total
	£	£	£
<b>Cost</b>			
At 1 January 2018	332	1,662	1,994
At 31 December 2018	332	1,662	1,994
<b>Depreciation and impairment</b>			
At 1 January 2018	332	416	748
Depreciation charged in the year	-	416	416
At 31 December 2018	332	832	1,164
<b>Carrying amount</b>			
At 31 December 2018	-	830	830
At 31 December 2017	-	1,246	1,246

## 10 Financial instruments

	2018	2017
	£	£
<b>Carrying amount of financial assets</b>		
Trade debtors	119	-
Prepayments and accrued income	4,791	9,333
Cash at bank and in hand	10,601	8,243
Measured at cost	15,511	17,576
<b>Carrying amount of financial liabilities</b>		
Trade creditors	10,764	2,741
Other creditors	-	132
Accruals and deferred income	2,304	5,409
Measured at cost	13,068	8,282

## 11 Debtors

	2018	2017
<b>Amounts falling due within one year:</b>	<b>£</b>	<b>£</b>
Trade debtors	119	-
Prepayments and accrued income	4,791	9,333
	<b>4,910</b>	<b>9,333</b>

## 12 Creditors: amounts falling due within one year

	2018	2017
	<b>£</b>	<b>£</b>
Trade creditors	10,764	2,741
Other creditors	-	132
Accruals and deferred income	2,304	5,409
	<b>13,068</b>	<b>8,282</b>

## 13 Restricted funds

The income funds of the charity include restricted funds comprising the following unexpended balances of donations and grants held on trust for specific purposes:

	Movement in funds				
	Balance at 1 January 2018	Income	Expenditure	Transfers	Balance at 31 December 2018
	£	£	£	£	£
Save the Children SDI Programme Nigeria	168	-	(168)	-	-
Save the Children Cambodia	-	5,084	(4,706)	-	378
Peek Vision	-	4,325	(4,325)	-	-
	<b>168</b>	<b>9,409</b>	<b>(9,199)</b>	<b>-</b>	<b>378</b>

## 14 Designated funds

The income funds of the charity include the following designated funds which have been set aside out of unrestricted funds by the trustees for specific purposes:

	Movement in funds				Balance at 31 December 2018
	Balance at 1 January 2018	Income	Expenditure	Transfers	
	£	£	£	£	£
Fixed asset fund	-	-	(416)	1,246	830
	-	-	(416)	1,246	830

## 15 Analysis of net assets between funds

	Unrestricted funds	Restricted funds	Total	Total
	2018 £	2018 £	2018 £	2017 £
Fund balances at 31 December 2018 are represented by:				
Tangible assets	830	-	830	1,246
Current assets/(liabilities)	2,065	378	2,443	9,294
	2,895	378	3,273	10,540

## 16 Related party transactions

Participation Enterprises Limited (PEL) a company controlled by Clare Hanbury, the Secretary of Children for Health, and the sister of the Chair of Trustees, Tobias Hanbury, provided services to the charity totalling £33,489 (2017 - £31,280) during the year, under an arrangement agreed with the Trustees dated 9 January 2017 whereby PEL is retained to provide the services of Clare Hanbury to Children for Health on a consultancy basis at an agreed daily rate for core work and at a rate agreed by technical partners for technical work.

It is worth noting that PEL also works on a pro-bono basis for Children for Health as and when the charity funding levels are insufficient to cover the full amounts which would otherwise be due to PEL. In 2018, the estimated amount of pro bono services provided was a minimum of £2,161 (2017 - £2,450). Not all pro bono time is formally logged.

Included in trade creditors is £10,564 (2017 - £1,750) owed to PEL in respect of work done by PEL during the year-ended 31 December 2018.

## LEGAL AND ADMINISTRATIVE INFORMATION

**TRUSTEES** Tobias Hanbury (Chair of Trustees)  
Madeleine Kavanagh  
Shelley Le Breton  
Anise Waljee

**SECRETARY** Clare Hanbury-Leu

**CHARITY NUMBER** 1153028

**COMPANY NUMBER** 08329914

**REGISTERED OFFICE** 32 Market Street  
Swavesey  
Cambs  
CB24 4QG

**INDEPENDENT EXAMINER** Tracey Richardson BSc (Hons) FCA  
Baldwins Holdings Limited  
Ruthlyn House  
90 Lincoln Road  
Peterborough  
Cambridgeshire  
PE1 2SP



# Children for Health

Sharing Knowledge Saving Lives

