

CENTRAL AFRICA'S RIGHTS & AIDS SOCIETY
(A Company Limited by Guarantee)

TRUSTEES' REPORT AND ACCOUNTS
FOR THE YEAR ENDED 31 MARCH 2010

**CENTRAL AFRICA'S RIGHTS & AIDS (CARA) SOCIETY
(Limited by Guarantee)**

LEGAL AND ADMINISTRATION INFORMATION

TRUSTEES: K F Mulwemi
Jean-Paul Lawrence Tampu-Eya
N M Mbuima
M E Liongo
A D Nur
Jean-Luis Ngamuna-Tampa

SECRETARY: M Munshie- Lepiori

CHARITY NUMBER: 1135610

COMPANY NUMBER: 06673504

REGISTERED OFFICE: 18-22 Ashwin Street
Dalston
Hackney
London
E8 3DL

BANKERS: HSBC PLC
Stamford Hill
160 Clapton Common
London
E5 9EAH

**CENTRAL AFRICA'S RIGHTS & AIDS (CARA) SOCIETY
(Limited by Guarantee)**

DIRECTORS' REPORT FOR THE YEAR ENDED 31 MARCH 2010

The directors present their report for the year ended 31 March 2010.

The accounts have been prepared in accordance with the accounting policies set out in note 1 and comply with the company's Memorandum and Articles of Association, the Companies Act 2006 and the Statement of Recommended Practice, "Accounting and Reporting by Charities", issued in 2005.

Structure governance and management

The company is a company limited by guarantee incorporated on 14 August 2008.

The directors who served during the year were

K F Mulwemi

Jean-Paul Lawrence

N M Mbuima

M E Liongo

A D Nur

Jean-Luis Ngamuna-Tampa

None of the directors had any beneficiary interest in the company. All directors are members of the company and guarantee to contribute £1 in the event of winding up.

New trustees are recruited to the board of Trustees to ensure the board maintains an appropriate mix of skills which is appropriate to the current and developmental needs of the organisation.

Objectives and activities

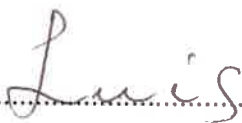
The charity was set up to provide free legal advice and representation to people from disadvantaged backgrounds. The charity is committed and dedicated to empowering the poor by promoting justice, health, education and social development of all of its members and the public.

During the year the society provided free counseling, legal advice, advocacy, representation, information, referral, signposting and assistance in the following areas:

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- Overseas aid
- Community care
- Community relations
- Elderly people
- Poverty relief
- Water/sanitation
- Housing Benefit and Homelessness
- Welfare Benefit entitlements and appeals
- Education
- Housing
- Homelessness
- Immigration
- Interpreting
- Translation
- Cultural/Leisure activities
- Mental health
- HIV/AIDS
- Sexually Transmitted infections
- Free condom distribution
- Health and well being
- Social care
- Employment
- Debt and Money and
- Disability awareness.

On behalf of the Board of Directors



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Jean-Luis Ngamuna-Tampa - Director

CENTRAL AFRICA'S RIGHTS & AIDS (CARA) SOCIETY
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STATEMENT OF FINANCIAL ACTIVITIES INCLUDING INCOME AND EXPENDITURE
FOR THE YEAR ENDED 31 MARCH 2010

	Notes	Unrestricted Funds	Restricted Funds	2010 Total Funds	2009 Total Funds
		£	£	£	£
Incoming Resources					
<u>From generated Funds:</u>					
Voluntary Income	2	73,143	-	73,143	49,659
Incoming resources from Charitable activities	9	-	2,500	2,500	2,500
Total Incoming Resources		73,143	2,500	75,643	52,159
<u>Resources Expended:</u>					
Cost of Generating Funds					
Cost of generating voluntary Income	3	1,050	-	1,050	590
Charitable Activities	3	73,220	2,500	75,720	50,746
Governance Costs	3	784	-	784	778
Total resources expended		75,054	2,500	77,554	52,114
Net Income for the year/ Net movement in funds		-1,911	-	-1,911	45
Fund Balances brought forward		3,677	-	3,677	3,632
Balances carried forward		1,766	-	1,766	3,677

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

CENTRAL AFRICA'S RIGHTS & AIDS (CARA) SOCIETY
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BALANCE SHEET AS AT 31 MARCH 2010

	Notes	2010 £	2009 £
Fixed assets			
Tangible fixed assets	8	1,474	3,174
Current assets			
Cash at bank and in hand		292	503
Creditors: Amounts falling due within one year	7	-	-
Net current Assets		1,766	503
Net Assets		1,766	3,677
Funds			
Unrestricted funds	5	1,766	3,677
		1,766	3,677

The company is entitled to exemption from audit under section 477 (2) of the Companies Act 2006 for the year ended 31 March 2010

The members have not required the company to obtain an audit of its financial statements for the year ended 31 March 2010 in accordance with section 476 of the Companies Act 2006.

The directors acknowledge their responsibility for:

- Ensuring that the company keeps accounting records which comply with Section 386 of the Companies Act 2006 and
- Preparing financial statements which give a true and fair view of the state of affairs of the company as the end of each financial year and its profit and loss account for the financial year in accordance with the requirements of Section 393 and which otherwise comply with the requirements of the Companies Act 2006 relating to company accounts, so far as applicable to the company.

The Financial Statements were approved by the board of directors on 25/09/2010 and were signed on their behalf by:

 Jean-Luis Ngamuna-Tampa - Director

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NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2010

1. Accounting Policies

1.1 Basis of preparation

The accounts have been prepared under the historic cost convention.

The charity has taken advantage of the exemption in Financial Reporting Standard No 1 from the requirement to produce a cash flow statement on the grounds that it is a small charity.

The accounts have been prepared in accordance with applicable accounting standards, the Statement of Recommended Practice, "Accounting and Reporting by Charities", issued in March 2005 and the Companies Act 2006.

1.2 Incoming resources

All incoming resources are reflected in the accounts when the company is legally entitled to the income and the amount can be quantified with reasonable accuracy.

1.3 Resources expended

All expenditure is accounted for on an accrual 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 to the use of the resource.

1.4 Fixed assets and depreciation

Fixed assets are stated at cost less depreciation. Depreciation is provided at rates calculated to write off the cost over the useful life of the asset as follows:

Computer equipment – over two years.

1.5 Fund Accounting

Unrestricted funds are expendable at the discretion of the directors in furtherance of the objects of the organisation. The fund comprises the accumulated surpluses and deficits of unrestricted income and expenditure.

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NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2010

2. Voluntary Income

	Restricted	Unrestricted	Total 2010	Total 2009
Donations				
Members of the public	-	73,143	73,143	49,659

3. Resources expended

	Fundraising	Education	HIV/AIDS Awareness	Advice & Advocacy	Disability Awareness	Governance	Total 2010	Total 2009
	£	£	£	£	£	£	£	£
Publications & Distribution	-	4,003	6,005	14,011	16,012	-	40,030	32,678
Publicity	-	687	1,031	2,405	2,748	-	6,870	3,103
Telephone	93	93	93	326	326	-	931	525
Rent	166	331	331	1,158	1,158	165	3,310	3,060
Accountancy	-	-	-	-	-	-	-	740
Stationery & Postage	45	427	618	1,494	1,685	-	4,268	111
Travel and subsistence	50	-	403	220	101	-	774	60
Medical fees	-	-	-	4,340	-	-	4,340	4,251
Condom distribution	-	-	2,400	-	-	-	2,400	2,129
Volunteer training & Welfare	-	-	1,735	1,000	-	-	2,735	3,003
Subscriptions Fees	-	-	-	-	-	344	344	291
Sponsorship - Africa	-	2,581	-	-	-	-	2,581	-
Bank charges	-	-	-	-	-	-	-	18
Other administration costs	579	349	349	1,935	1,223	157	4,593	1,061
Insurance	-	-	-	210	-	-	210	210
Depreciation	117	235	235	822	822	117	2,349	874
Hardship Alleviation	-	-	1,820	-	-	-	1,820	-
Total Resources expended	1,050	8,706	15,019	27,920	24,075	784	77,554	52,114

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NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2010

4. Staff Costs

The Company had no paid staff during the year.

5. Analysis of Funds between assets

	Restricted £	Unrestricted £	Total Funds £
Cash	-	292	292
Current Liabilities	-	-	-
Fixed Assets	-	1,474	1,474
	<u>0</u>	<u>1,766</u>	<u>1,766</u>

6. Movement in Funds

	At 31 March 2009 £	Incoming Resource £	Outgoing Resources £	Transfers £	At 31 March 2010 £
Restricted Funds	-	2,500	2,500	-	-
Unrestricted Funds	3,677	73,143	75,054	-	1,766
	<u>3,677</u>	<u>75,643</u>	<u>77,554</u>	<u>-</u>	<u>1,766</u>

7. Creditors falling due within one year

There were no creditors falling due within one year as at 31 March 2010.

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NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 March 2010

8. Tangible Fixed Assets

	Office Equipment
Cost	
At 1 April 2009	4,048
Additions during the year	649
Disposals during the year	-
At 31 March 2010	<u>4,697</u>
Depreciation	
At 1 April 2009	874
Charge for the year	2,349
At 31 March 2010	<u>3,223</u>
Net Book Value	
At 31 March 2010	1,474
At 31 March 2009	=====
	3,174
	=====

9. Incoming resources from charitable activities

	2010
Hackney African Forum	2,500