Elly
EAST LONDON INTERNATIONAL WOMEN'S HEALTH CHARITY

**Trustee's Annual Report**
**(30 August 2024– 29 August 2025)**

**Objectives and Activities: Progress and Key Achievements**

To promote and protect women's health in the UK and internationally by

**a) Training and educating healthcare workers and health professionals in how to provide optimal care during pregnancy and childbirth.**

**MRCOG Part 3 Revision Course** We conducted two MRCOG Part 3 revision courses. These courses were vital in preparing health professionals for their exams and enhancing their skills.

**Basic Surgical Skills Course** We run two basic surgical skills courses every year aimed at building the capacity and upskilling health professionals. The course a provides lifelike learning experiences on essential surgical techniques.

**Laparoscopy Course** A specialised laparoscopy course was delivered to further train healthcare professionals in advanced surgical procedures, ensuring they stay updated with the latest techniques and practices.

**HyCoSy Course** A specialised HyCoSy course was delivered to further train healthcare professionals in performing and interpreting hysterosalpingo-contrast sonography procedures, ensuring they remain up to date with the latest techniques and best practices in fertility assessment and women's health care.

**Knowledge Building and Impact** Through these training initiatives, healthcare professionals gained enhanced knowledge and practical skills (e.g. surgical competence etc.) leading to improved patient care. Women and the wider patient population benefit from the enhanced care delivered by these upskilled health professionals. Our courses promote knowledge exchange, enabling attendees to disseminate learning within their teams and wider professional networks in UK and internationally, contributing to broader improvements in maternal health care.

**b) Supporting research excellence in women's health.**

**Health Literacy Project** We continued our health literacy work focusing on delivery in East London, evaluation of learning, and future plans towards sustainability and revision of the course. This enabled us to reflect on the learning from previous delivery and co-produce refreshed and new course content designed for non-English speaking pregnant women, for further exploration and future work.

The co-produced women's health literacy course was delivered in East London in September – December 2024, supporting women to improve understanding of pregnancy, maternity care and related health topics through accessible, community-based education. The course was delivered with ethical approval from the NHS. 20 women joined the course and 14 completed all 6 weeks. We also supported a post-course celebration bringing women together once they had had their babies in April 2025.

We undertook qualitative interviews with women who attended the health literacy course in East London, alongside teachers and others involved in delivery, to understand experiences, outcomes and areas for improvement.

In 2025 our focus moved to evaluation and sharing learning – as part of this we were invited to profile our work at international and national conferences for health professionals. This included presenting a poster at the Royal College of Obstetricians and Gynaecologists World Congress in June 2025 and presenting at the Society for Reproductive and Infant Psychology 45th Annual Conference in August 2025.

A workshop was convened in London in February 2025 with the core health literacy team and invited stakeholders to review the course materials, identify gaps and agree priority updates. This for the first time included midwifery and feeding support professionals who brought a new and invaluable insight to our content.

We also submitted a journal article for publication with the findings of our work to follow up on the systematic review published on the potential benefits of improved health literacy. We also worked to apply for funding to support the next stage of the programme.

The development process was highly collaborative and multidisciplinary, involving women with lived experience, English language (ESOL) teachers, birthing partners, translators, midwives, health professionals, community organisations, and a visualiser.

We continued to partner with Welcome to the UK, a local charity, to reach and support women in the area who enabled us to work with ESOL professionals in the development delivery of the course. We also recruited community researchers with lived experience to support ongoing evaluation, act as trusted links to the community, and ensure that delivery remained grounded in local needs.

Learning was central to our approach, and we worked closely with a research fellow from King's College London to support us. We also enabled observers to attend helping inform best practice and ensuring learning could be shared across sites later in the year.

To raise awareness of the course and gather feedback, we showcased the health literacy project through local community events in Southend, including Welcome to the UK's International Women's Day event.

We also created a video of our journey. https://youtu.be/Z5PsxQMudM4

The year was used the year to consolidate learning from delivery and evaluation, refine materials and prepare for the next stage of growth and wider dissemination of the health literacy resources.

**Engagement** This project reached a marginalised group, primarily non-English speaking pregnant women in one of the most deprived areas of the UK, who rarely have opportunities to contribute to health care provision or research. Their input directly influenced future research and programme development aimed at providing solutions to the issues they raised.

**Empowering Participants** Women participating in our activities shared their experiences and highlighted issues that were important to them within maternity care. They valued having a voice in shaping our follow-on research and enjoyed the experience.

The project also empowered community researchers with lived experience, enabling them to develop new skills, take up new opportunities, and act as trusted links between the project team and the wider community. It also created opportunities for medical students, younger doctors, early career researchers and health professionals to be involved in meaningful community-based women's health research.

**Educational Impact** Medical students and healthcare professionals involved in the project gained insights into the community's needs and priorities, improving their understanding and service delivery. The ESOL teachers also reported increased confidence in delivering new content and highlighted the importance of integrating health with language learning.

**Visibility and Awareness:** The community events and the visual representation of our project have raised awareness and shared our progress. These activities have also allowed us to gather feedback on community priorities, engaging a broader audience including academics, healthcare professionals, and the wider public. Additionally, these community-facing activities helped us understand how best to communicate complex health messages in accessible and culturally relevant ways.

**Team Development, Skills Building and Networking** We have enhanced women's health community research capacity in East London and Southend. Local community researchers gained valuable skills, such as facilitating discussions and presenting publicly, which contributed to their professional development. The project also supported skills development and networking across the wider team, including ESOL professionals, health professionals, medical students, younger doctors and early career researchers.

**Contribution to Healthier Society** In a broader context, this project supports a healthier society. When women understand their health and how to navigate services, they are better equipped to care for themselves and their children. This contributes to stronger early-life outcomes and, over time, helps reduce pressure on the healthcare system while strengthening community wellbeing.

**C Safe Programme** Elly is supporting a PhD student to develop and evaluate the C Safe programme, a comprehensive approach to respectful and safe maternity care that combines understanding why caesarean sections are performed (C Why) with interventions to support safe vaginal births (C Non) and safe caesarean sections (C Op). It will pilot and assess these components in India and Tanzania, refining their implementation and exploring how they can reduce unnecessary caesarean sections while improving the quality of care. The research will also examine women's and midwives' experiences to identify barriers and facilitators and integrate these insights into a practical framework for respectful and safe maternity care. It also builds on and will enhance the training the Elly team has provided overseas.

**c) Accelerating the application of research into healthcare environments.**

**Uganda Obstetric Fistula Camp** Trustee Ram spent 2 weeks in Uganda, at an obstetric fistula camp. He not only performed surgeries but also provided training helping with capacity building for health professionals in Africa, enhancing their ability to operate and manage obstetric fistulas. Significantly improving healthcare outcomes for women with obstetric fistulas in Uganda. This effort not only treated individual patients but also strengthened local healthcare providers and systems through training.

**Community Rehabilitation following Fistula Repair** In the Democratic Republic of Congo, we supported a holistic rehabilitation programme for women recovering from obstetric fistula repair surgeries. Often isolated and excluded from society, women receive peer support and skills training (such as crafting beautiful handmade baskets) to help them rebuild their lives with dignity and independence. Alongside this, we support community champions who work to reduce stigma and promote access to care for over 100 women.

**Box of Health** In Malaysia, we're supporting new mothers from the most deprived and marginalised populations with a 'Box of Health' – a co-produced initiative inspired by similar projects in rural India. Each box contains essential sanitation items curated with women in the community, ensuring they reflect what mothers themselves want and need to support their health and well-being and that of their newborns. Over 100 boxes have been distributed.

**Whitechapel Gallery Showcase Event** We held a major showcase / dissemination event at Whitechapel Gallery in November 2024 to share Elly Charity's work, learning and impact with partners, stakeholders and the wider community.

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The Trustees believe this report demonstrates how our activities have delivered public benefit in line with the Charity Commission's guidance on public benefit.

**Structure, Governance and Management / Reference and Administrative details**

Our Trustees were recruited as required in our constitution and are:

- Ramesan Navaratnarajah (since 2020)
- Shakila Thangaratinam (since 2020)
- Joseph Aquilina (since 2020)

Elly Charity continues to be managed day-to-day by a team of freelancers who lead on project delivery, marketing and communications, training, and Charity administration. During the reporting year we focused on strengthening organisational systems, including improving financial processes, record-keeping and internal policies, to support better oversight and future development.

We benefit greatly too from support from a number of professionals from the fields of research and women's health. We are grateful to everyone as well as our volunteers for their commitment and dedication to enhancing women's health both in the UK and internationally.

We operate under the name ELLY Charity, registered charity number 1188897 as a CIO Foundation governed by a constitution. We also use the other names;

- EAST LONDON INTERNATIONAL WOMEN'S HEALTH CHARITY (Working name)
- ELLY (Working name)
- ELLY APPEAL (Former name)

Our principle address is; Royal London Hospital, Dept of Obstetrics & Gynaecology, 8th floor, South Tower, Whitechapel Road, London, E1 1FR

**Financial Review**

| | | |
|---|---|---|
| Review of the charity's financial position at the end of the period | Para 1.21 | Essential to the on-going success of Elly is the necessity for sound financial planning and good governance. Although the charity made a negative return of £65,704 the trustees believe that this does not have any significant effect on meeting the charities objectives.<br><br>In 2025 income was £82,613 (2024-£111,534) with a deficit of £65,704 (2024- deficit of £17,944) |
| Statement explaining the policy for holding reserves stating why they are held | Para 1.22 | It is the policy of the charity that unrestricted funds which have not been designated for a specific use should be maintained at a level sufficient to provide services for at least three months. The Trustees consider reserves at this level will ensure that, in the event of a significant drop in funding, they will be able to continue the charity's current activities while consideration is given to ways in which additional funds may be raised.<br><br>The trustees will work look at ways to increase their free reserves in line with the growth of the charity.<br><br>Amounts held in Restricted funds have been earmarked for a specific use as deemed necessary by the trustees. Restricted funds are set aside for specific purposes and can only be used in accordance with the conditions set by the original funder or funding agreement.<br><br>As set out in Elly Charity's Reserves Policy, the aim is to maintain reserves equivalent to 9 months running costs which is currently an estimated £34,500. The Reserves |

| | | |
|---|---|---|
| | | Policy is reviewed annually to ensure it remains appropriate to the Charity's size and scope of activities. |
| Amount of reserves held | Para 1.22 | 2025 - £65,448 |
| Reasons for holding zero reserves | Para 1.22 | N/A |
| Details of fund materially in deficit | Para 1.24 | N/A |
| Explanation of any uncertainties about the charity continuing as a going concern | Para 1.23 | N/A |

**Declarations**

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

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

| | | |
|---|---|---|
| **Signature(s)** |  | |
| **Full name(s)** | Joseph Aquilina | |
| **Position (eg Secretary, Chair, etc)** | Trustee | |
| **Date** | 29 June 2026 | |

# Elly Charity

(A Charitable Incorporated Organisation)

Charity No.1188897

Report and Unaudited Financial Statements

for the year ended

29th August 2025

| Charity Name **Elly Charity** | | Charity No | 1188897 | | |
|---|---|---|---|---|---|
| | | Company No | CE021400 | | |
| Annual accounts for the period | | | | | |
| Period start date | **30.08.2024** | **To** | Period end date | **29.08.2025** | |

| **Recommended categories by activity** | **Unrestricted funds** £ F01 | **Restricted income funds** £ F02 | **Endowment funds** £ F03 | **Total funds** £ F04 | **Prior year funds** £ F05 |
|---|---|---|---|---|---|
| **Income (Note 3)** | | | | | |
| **Income and endowments from:** | | | | | |
| Donations and legacies | 585 | | | 585 | 1,155 |
| Charitable activities | 60,763 | 19,800 | | 80,563 | 108,622 |
| Other trading activities | | | | - | - |
| Investments | | | | - | - |
| Separate material item of income | | | | - | - |
| Other | 1,466 | | | 1,466 | 1,757 |
| ***Total*** | 62,813 | 19,800 | - | 82,613 | 111,534 |
| **Expenditure (Notes 4)** | | | | | |
| **Expenditure on:** | | | | | |
| Raising funds | - | - | - | - | - |
| Charitable activities | 123,217 | 25,100 | | 148,317 | 110,332 |
| Separate material expense item | | | | - | |
| Other | | | | - | 19,145 |
| ***Total*** | 123,217 | 25,100 | - | 148,317 | 129,478 |
| **Net income/(expenditure) before tax for the reporting period** | - 60,404 | - 5,300 | - | - 65,704 | - 17,944 |
| Tax payable | - | - | - | - | - |
| **Net income/(expenditure) after tax before investment gains/(losses)** | - 60,404 | - 5,300 | - | - 65,704 | - 17,944 |
| Net gains/(losses) on investments | - | - | - | - | - |
| **Net income/(expenditure)** | - 60,404 | - 5,300 | - | - 65,704 | - 17,944 |
| **Extraordinary items** | - | - | - | - | |
| **Transfers between funds** | - | - | - | - | - |
| **Other recognised gains/(losses):** | | | | | |
| Gains and losses on revaluation of fixed assets for the charity's own use | - | - | - | - | - |
| Other gains/(losses) | - | - | - | - | - |
| ***Net movement in funds*** | - 60,404 | - 5,300 | - | - 65,704 | - 17,944 |
| ***Reconciliation of funds:*** | | | | | |
| Total funds brought forward | 125,851 | 5,300 | - | 131,151 | 149,095 |
| ***Total funds carried forward*** | 65,448 | - | - | 65,448 | 131,151 |

Charity No 1188897
Company No CE021400

## Section B Balance sheet

| | Unrestricted funds £ | Restricted income funds £ | Endowment funds £ | Total this year £ | Total last year £ |
|---|---|---|---|---|---|
| **Fixed assets** | F01 | F02 | F03 | F04 | F05 |
| **Intangible assets** | - | - | - | - | - |
| **Tangible assets** (Note 5) | 11,607 | - | - | 11,607 | 993 |
| **Heritage assets** | - | - | - | - | - |
| **Investments** | - | - | - | - | - |
| ***Total fixed assets*** | 11,607 | - | - | 11,607 | 993 |
| **Current assets** | | | | | |
| **Stocks** | - | - | - | - | - |
| **Debtors** | 700 | - | - | 700 | 393 |
| **Investments** | - | - | - | - | - |
| **Cash at bank and in hand** (Note 6) | 56,251 | - | - | 56,251 | 131,486 |
| ***Total current assets*** | 56,951 | - | - | 56,951 | 131,878 |
| **Creditors: amounts falling due within one year** (Note 7) | 3,110 | - | - | 3,110 | 1,720 |
| ***Net current assets/(liabilities)*** | 53,841 | - | - | 53,841 | 130,158 |
| ***Total assets less current liabilities*** | 65,448 | - | - | 65,448 | 131,151 |
| **Creditors: amounts falling due after one year** | - | - | - | - | - |
| **Provisions for liabilities** | - | - | - | - | - |
| ***Total net assets or liabilities*** | 65,448 | - | - | 65,448 | 131,151 |
| **Funds of the Charity** | | | | | |
| **Endowment funds** | - | | | - | - |
| **Restricted income funds** | | - | | - | 5,300 |
| **Unrestricted funds** (Note 8) | 65,448 | | - | 65,448 | 125,851 |
| **Revaluation reserve** | | | | - | |
| **Fair value reserve** | | | | | |
| ***Total funds*** | 65,448 | - | - | 65,448 | 131,151 |

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

| Print Name | Date of approval dd/mm/yyyy |
|---|---|
| Joseph Aquilina | 29/06/26 |
| Ramesan Navaratnara | 29/06/26 |

**Elly Charity**
**Notes to the accounts**
**for the year ended 29th August 2025**

## 1 Basis of preparation

### 1.1 Basis of accounting

These accounts have been prepared under the historical cost convention with items recognised at cost or transaction value unless otherwise stated in the relevant note(s) to these accounts.

The accounts have been prepared in accordance with the Statement of Recommended Practice: Accounting and Reporting by Charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) issued on 16 July 2014 and with the Charities Act 2011.

## 2 Accounting Policies

### 2.1 Income

Income is included when receivable. Where income has conditions attached to it, that income is recognised when there is certainty of receipt, entitlement and the amount can be measured with sufficient reliability. Income (including grants receivable) is deferred where conditions exist on entitlement such as a specified future time period.

### 2.2 Expenditure

Expenditure is recognised in the period in which it is incurred and includes attributable VAT which cannot be recovered. Expenditure is recognised when a legal or constructive obligation arises. Costs of raising funds are those costs incurred in attracting voluntary income. Governance costs are those costs incurred in the governance of the charity and its assets and are primarily associated with constitutional and statutory requirements.

### 2.3 Depreciation

Depreciation is provided at rates calculated to write off the cost of each asset over its expected useful life

Fixtures, fittings and equipment 25% Straight Line

### 2.4. Creditors

The charity has creditors which are measured at settlement amounts less any trade discounts

### 2.4. Debtors

Debtors (including trade debtors and loans receivable) are measured on initial recognition at settlement amount after any trade discounts or amount advanced by the charity. Subsequently, they are measured at the cash or other consideration expected to be received.

### 2.5 Funds

Unrestricted funds are available for use at the discretion of the Trustees in furtherance of the general objectives of the charity. Restricted funds are where the donor specifies the use to which the funds can be spent.

## Note 3 Income

| | Analysis of income | Unrestricted income £ | Restricted Funds | Total Funds |
|---|---|---|---|---|
| Donations and legacies: | Donations and gifts | 585 | 0 | 585 |
| Charitable activities: | Teaching & grants received | 60,763 | 19800 | 80,563 |
| Other Trading activities | Fundraising events | 0 | 0 | 0 |
| Other | Bank Interest | 1,466 | 0 | 1,466 |
| TOTAL INCOME | | 62,813 | 19,800 | 82,613 |

**Elly Charity**
**Notes to the accounts**
**for the year ended 29th August 2025**

## Note 4 Expenses

**2025**

| | Unrestricted funds | Restricted funds | Total funds |
|---|---|---|---|
| Costs - Running courses (food/travel) | 8,445 | | 8,445 |
| Course Examiners & Role Players | 3,737 | | 3,737 |
| Other direct costs | 15,599 | 1,939 | 17,538 |
| Accountancy | 1,000 | | 1,000 |
| Audit | 720 | | 720 |
| Admin Support | 4,531 | | 4,531 |
| Advertising & Marketing | 4,622 | | 4,622 |
| Community Researchers | 601 | 13,141 | 13,742 |
| Insurance | 145 | | 145 |
| Bank charges | 363 | | 363 |
| Subscriptions | 204 | | 204 |
| IT costs | 900 | | 900 |
| License | 1,474 | | 1,474 |
| Depreciation | 5,330 | | 5,330 |
| Travel & Accommodation | 4,743 | | 4,743 |
| Meetings & Subsistence | 6,272 | | 6,272 |
| Other professional fees | 13,026 | | 13,026 |
| Charity Coordinator | 17,867 | | 17,867 |
| Programme Manager | 13,616 | | 13,616 |
| Costs associated with overseas | | | |
| Charity projects | 3,990 | 10,020 | 14,010 |
| PPS & Office costs | 763 | | 763 |
| Sponsorships | 11,222 | | 11,222 |
| Training & conferences | 4,044 | | 4,044 |
| | 123,217 | 25,100 | 148,317 |
| | | | 0 |

## Note 5 Tangible fixed assets

| | Fixtures, fittings and equipment |
|---|---|
| **Cost** | |
| At 30 August 2024 | 5376 |
| Additions | 15944 |
| At 29 August 2025 | **21,320** |
| **Depreciation** | |
| At 30 August 2024 | 4383 |
| Charge for the Period | 5330 |
| At 29 August 2025 | 9713 |
| **Net book values:** | |
| At 29 August 2025 | **11,607** |
| At 30 August 2024 | **993** |

## Note 6 Current Assets

| | 2025 | 2024 |
|---|---|---|
| Cash in hand & bank | 56,251 | 131,486 |
| Other debtors | 700 | 393 |
| | **56,951** | **131,878** |

**Elly Charity**
**Notes to the accounts**
**for the year ended 29th August 2025**

## Note 7 Creditors: amounts falling due within one year

| | 2025 | 2024 |
|---|---|---|
| Accruals and deferred income | 3110 | 1,720 |
| | **3110** | **1720** |

## Note 8 Charity funds

| Fund names | Type PE, EE R or UR * | Fund balances brought forward £ | Income £ | Expenditure £ | Transfers £ | Gains and losses £ | Fund balances carried forward £ |
|---|---|---|---|---|---|---|---|
| Unrestricted Funds | UR | 125,851 | 62,813 | - 123,217 | - | - | 65,448 |
| Restricted Funds | R | 5,300 | 19,800 | - 25,100 | | | - 0 |
| *Other funds (balancing figure)* | **N/a** | - | - | - | - | - | - |
| **Total Funds as per balance sheet** | | **131,151** | **82,613** | **- 148,317** | **-** | **-** | **65,448** |

## Note 9 Transactions with trustees and related parties

None of the trustees have been paid any remuneration or received any other benefits from an employment with their charity or a related entity. 2 Trustees were reimbursed for expenses incurred wholly and exclusively for the benefit of the Charity.

CHARITY COMMISSION FOR ENGLAND AND WALES

# Independent examiner's report on the accounts

## Section A Independent Examiner's Report

**Report to the trustees**

Charity Name: Elly Charity

**On accounts for the year ended** 29 August 2025

**Charity no (if any)** 1188897

**Set out on pages** 1-5

(remember to include the page numbers of additional sheets)

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended 29/08/2025.

**Responsibilities and basis of report**

As the charity's trustees, you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ("the Act").

I report in respect of my examination of the Trust's accounts carried out under section 145 of the 2011 Act and in carrying out my examination, I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

**Independent examiner's statement**

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

- the accounting records were not kept in accordance with section 130 of the Charities Act; or
- the accounts did not accord with the accounting records; or
- the accounts did not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 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.

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 accounts to be reached.

**Signed:** M. A. Gambrill **Date:** 30/06/2026

**Name:** Mrs Maxine Gambrill FCCA

**Relevant professional qualification(s) or body (if any):** Association of Chartered Certified Accountants

**Address:** PG Lemon LLP
22-26 Bank Street, Herne Bay
Kent CT6 5EA