AHEAD INTERNATIONAL

Motto: Mobilising for Humanity

+44 1218203845

info@aheadinternational.org.uk

163 Gerrard Street
Lozells
Birmingham
B19 2AH

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ACTION FOR HEALTH, EDUCATION AND DISABILITY (AHEAD) INTERNATIONAL CHARITY
Trustees' Annual Report For the year ended 02/01/2026
Charity Registration Number: 1194482

1. Introduction

The Trustees of Action for Health, Education and Disability (AHEAD) International Charity are pleased to present their annual report for the year ended 02/01/2026.

AHEAD International is committed to improving the health, educational opportunities, wellbeing and inclusion of children, young people, families and people living with disabilities, particularly within disadvantaged and underserved communities.

The charity headquarter is based in Lozells, Birmingham, and established operational offices in Sierra Leone. Our work is delivered through community engagement, partnerships, research and pilot activities, awareness-raising, youth development, health and wellbeing programmes, and initiatives supporting disability inclusion.

The Trustees remain committed to ensuring that the charity operates in accordance with its charitable purposes, maintains appropriate governance and accountability, and uses its resources responsibly to achieve positive outcomes for the communities we serve.

2. Our Charitable Purpose

AHEAD International seeks to advance health, education and disability inclusion, particularly among vulnerable and disadvantaged communities.

The Trustees seek to ensure that our activities remain consistent with the charity's objects and provide a clear public benefit.

3. Review of the Year

During the reporting period, AHEAD International continued to develop its presence and partnerships in both the United Kingdom and Sierra Leone.

Our work has been undertaken across two complementary areas: community development and fundraising/partnership building in the UK, and health, education, disability and community engagement activities in Sierra Leone.

The charity has also continued to develop its organisational capacity and relationships with relevant governmental, local authority and civil society organisations.

4. Activities in the United Kingdom

Community Engagement and Partnership Development

In the United Kingdom, AHEAD International has focused on strengthening its relationships within the local community, particularly in Lozells, Birmingham, while developing partnerships and fundraising opportunities to support the charity's longer-term programmes.

Our approach has been to establish relationships with community stakeholders and organisations that share our commitment to improving health, education, wellbeing and inclusion.

The Trustees recognise that effective community development requires sustained engagement and collaboration. We have therefore continued to explore opportunities for partnership working, fundraising and joint initiatives.

Health and Wellbeing Programme

A key area of activity during the year has been the development of a community-based health and wellbeing programme in Lozells.

The programme currently includes:

- Yoga sessions
- Zumba sessions
- Football sessions
- Opportunities for social interaction and participation

These activities are intended to encourage healthier lifestyles, improve physical and emotional wellbeing, reduce social isolation and create positive opportunities for community participation.

The sessions are designed to be accessible and inclusive, with a particular focus on encouraging participation among young people and members of the wider community who may experience barriers to accessing mainstream recreational and wellbeing opportunities.

Youth Club
AHEAD International has also been developing a Youth Club within the Lozells community.

The Youth Club provides a positive environment where young people can:

- Develop social and interpersonal skills
- Participate in recreational and physical activities
- Build confidence and self-esteem
- Develop positive relationships with peers and adults
- Access information and support relating to health and wellbeing
- Participate constructively in their local community.

The Trustees believe that providing safe and positive spaces for young people can contribute to improved wellbeing, social inclusion and personal development.

5. Activities in Sierra Leone
AHEAD International has continued to develop its programmes and partnerships in Sierra Leone through its two operational offices.

The charity's activities have included work in Freetown (Western Area Rural District Council and Bo (Bo District Council), with engagement extending to schools, communities and other relevant stakeholders.

Registration and Institutional Engagement
The charity has established operational links with relevant institutions in Sierra Leone.

Our offices and activities have been supported through engagement with:

- Western Area Rural District Council
- Bo District Council
- Sierra Leone Association of Non-Governmental Organisations (SLANGO)
- Other relevant governmental and community institutions such as Ministry of Social Welfare, Ministry of Planning and Economic Development

These relationships are important in enabling AHEAD International to understand local priorities, coordinate activities and ensure that our work is appropriately aligned with local structures and community needs.

5.1. Learning Disability Pilot Survey
During the reporting period, AHEAD International completed a pilot survey relating to learning disability in both Western Area Rural District and Bo District in Sierra Leone.

The purpose of the pilot survey was to begin developing a better understanding of issues affecting people with learning disabilities, including awareness, identification, inclusion and access to appropriate support.

The findings and experience gained from this pilot will help the charity to consider the development of future programmes and partnerships aimed at improving disability awareness and inclusion.

The Trustees recognise that disability-related challenges can be compounded by limited awareness, stigma, inadequate support systems and barriers to education and healthcare. AHEAD International therefore considers disability inclusion an important component of its future programme development.

5.2. School and Community Engagement
AHEAD International has reached out to schools and communities in Bo and Freetown on matters relating to:

- Substance abuse
- Disability awareness and inclusion
- Health education
- Community wellbeing
- Prevention and awareness-raising.

Our engagement with schools and communities seeks to promote early awareness and encourage open discussions about issues that can have a significant impact on children, young people, families and communities.

Substance Abuse Awareness
Substance abuse remains a significant concern for communities, particularly where young people may be exposed to social, economic and environmental pressures.

AHEAD International has engaged with schools and communities to promote awareness of the potential health and social consequences associated with substance misuse and to encourage preventative approaches.

The charity's approach is primarily focused on education, awareness, prevention and

signposting, while recognising the importance of working with appropriately qualified organisations and professionals where specialist intervention is required.

5.3. Health and Disability Awareness
Our work in Sierra Leone also includes community engagement on general health and disability issues.

AHEAD International seeks to contribute to greater understanding of disability and promote the principle that people living with disabilities should have equal opportunities to participate in education, community life and society.

Through our engagement with schools and communities, we aim to challenge misconceptions and encourage greater inclusion and understanding.

6. Public Benefit
The Trustees have considered the Charity Commission's guidance on public benefit when reviewing and planning the charity's activities.

AHEAD International's activities are intended to benefit members of the public, particularly children, young people, disadvantaged communities and people experiencing disability or other barriers to health, education and social participation.

The benefits arising from our activities include:

- Increased health and wellbeing awareness
- Opportunities for physical activity
- Improved community participation
- Increased awareness of disability and inclusion
- Youth engagement and personal development
- Increased awareness of substance misuse and preventative approaches
- Better understanding of community needs through surveys and engagement
- Development of partnerships capable of supporting longer-term community programmes.

The Trustees will continue to review the impact of activities to ensure that they remain relevant to identified community needs and deliver meaningful public benefit.

7. Partnerships and Stakeholder Engagement
Partnership working remains an important part of AHEAD International's strategy.

In the UK, the charity has been developing relationships within the community and exploring opportunities to work with organisations and stakeholders that share our objectives.

In Sierra Leone, the charity has engaged with local councils, schools, communities and civil society structures.

The Trustees recognise that sustainable development requires collaboration with local stakeholders who understand the needs and circumstances of the communities concerned.

8. Achievements and Outcomes

The principal achievements during the reporting period include:

- Strengthening the charity's community presence in Lozells, Birmingham.
- Developing fundraising and partnership opportunities within the UK.
- Developing community wellbeing activities, including Yoga, Zumba and Football.
- Developing a Youth Club initiative for the Lozells community.
- Completing a pilot survey concerning learning disability in Sierra Leone.
- Engaging with schools and communities in Bo and Freetown, Sierra Leone.
- Raising awareness of substance abuse, health and disability in Sierra Leone.
- Strengthening relationships with relevant institutions and local authorities in Sierra Leone.
- Continuing to develop the charity's international programme capacity.

These achievements provide a foundation for further development of AHEAD International's work.

9. Future Plans

The Trustees intend to build on the progress made during the reporting period.

Our priorities for the coming year include:

United Kingdom

- Develop the community wellbeing programme in Lozells
- Develop the Youth Club and increase youth participation
- Explore additional sports, recreational and educational activities
- Strengthen partnerships with local community organisations
- Increase fundraising activity
- Develop opportunities for volunteers to support our programmes
- Improve monitoring and evaluation of programme outcomes.

Sierra Leone

- Build upon the findings of the learning disability pilot survey
- Continue engagement with schools and communities
- Develop disability awareness and inclusion initiatives
- Continue health education and substance abuse prevention activities
- Strengthen partnerships with local councils and civil society organisations

- Explore opportunities to develop sustainable health and education projects
- Improve data collection and monitoring to demonstrate programme impact.

The Trustees will seek appropriate funding and partnerships to support the sustainable expansion of these activities.

10. Financial Review
During the reporting period, the charity continued to focus on developing its fundraising capacity and establishing partnerships to support its charitable activities.

The Trustees are committed to ensuring that charitable funds are used responsibly, transparently and in accordance with the charity's objectives.

- Total income: £13,446.26
- Total expenditure: £13,334.22
- Net income/(expenditure): £112.04
- Funds carried forward: £112.04

The Trustees will continue to seek appropriate funding sources, including donations, grants, community fundraising and partnership opportunities.

Where funds are restricted for particular charitable purposes, the Trustees will ensure that such funds are used in accordance with the relevant restrictions.

11. Reserves Policy
The Trustees recognise the importance of maintaining adequate financial reserves to enable the charity to continue operating and meeting its obligations during periods of financial uncertainty.

The charity's reserves policy is to maintain an appropriate level of unrestricted funds, taking into account:
- Ongoing operating costs
- Existing commitments
- Planned charitable activities
- Potential fluctuations in income
- The charity's developing international programme.

The Trustees will review the reserves position regularly and amend the policy as the organisation develops.

12. Risk Management
The Trustees recognise their responsibility for identifying and managing the principal risks facing the charity.

Risks are reviewed periodically and appropriate controls are considered in relation to:

- Financial sustainability
- Safeguarding
- Health and safety
- Governance and regulatory compliance
- Overseas programme delivery
- Fraud and financial controls
- Data protection
- Reputational risk
- Volunteer and staff management
- Partnership and project risks.

The Trustees will continue to strengthen the charity's policies, procedures and internal controls as its activities expand.

13. Safeguarding

AHEAD International recognises its responsibility to safeguard children, young people, adults at risk, volunteers, staff and beneficiaries involved in its activities.

Safeguarding considerations are incorporated into the planning and delivery of our programmes in both the UK and Sierra Leone.

The Trustees are committed to ensuring that appropriate safeguarding policies, procedures, training, reporting mechanisms and safer working practices are maintained and reviewed regularly.

Particular attention will be given to safeguarding in relation to youth activities, school engagement, disability programmes and community-based activities.

14. Governance and Management

AHEAD International is governed by its Board of Trustees, who have overall responsibility for the charity's governance, strategic direction, financial oversight and compliance with its legal and charitable responsibilities.

The Trustees meet periodically to review:

- Financial performance
- Programme activities
- Strategic development
- Risk management
- Safeguarding
- Fundraising
- Partnership development

- Regulatory and governance matters.

The Trustees recognise the importance of maintaining effective governance as the charity expands its UK and international activities.

15. Volunteers
Volunteers are an important part of AHEAD International's work.

The charity values the contribution of individuals who support community activities, fundraising, outreach and programme development.

The Trustees are grateful to all volunteers, partners, community members and supporters who have contributed their time, knowledge and resources during the reporting period.

16. Trustee Responsibilities
The Trustees are responsible for preparing the Trustees' Annual Report and financial statements in accordance with applicable law and regulatory requirements.

The Trustees are responsible for ensuring that:
- Proper accounting records are maintained
- Appropriate financial controls are in place
- The charity's assets are safeguarded
- Funds are applied appropriately to the charity's objectives
- The charity operates in accordance with its governing document
- Appropriate policies and procedures are maintained
- The charity complies with relevant legal and regulatory requirements.

The Trustees have taken reasonable steps to ensure that they are aware of their legal responsibilities and that the charity operates within the framework applicable to registered charities.

17. Looking Ahead
AHEAD International has made important progress in establishing a stronger foundation for its work in both the United Kingdom and Sierra Leone.

The Trustees recognise that the charity remains a developing organisation, and our priority is to grow in a responsible, sustainable and evidence-based manner.

Our vision is to develop programmes that respond to clearly identified community needs while working closely with local partners and stakeholders.

We particularly aim to strengthen our work around health promotion, education,

disability inclusion, youth development, substance abuse prevention and community wellbeing.

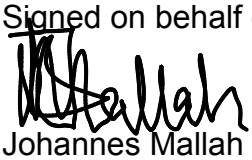
The Trustees believe that the combination of our community presence in Birmingham and our established relationships in Sierra Leone provides a strong platform from which to develop future charitable programmes.

18. Statement from the Trustees

The Trustees would like to express their appreciation to all individuals, volunteers, community members, partner organisations and supporters who have contributed to the work of AHEAD International during the year.

We remain committed to our charitable objectives and to ensuring that the organisation develops in a way that is accountable, inclusive, sustainable and responsive to the needs of the communities we serve.

Signed on behalf of the Trustees:



Johannes Mallah Jr - Chair.

For and on behalf of Action for Health, Education and Disability (AHEAD) International Birmingham, United Kingdom.