THE FRIENDS OF HOPE

England & Wales · Charity number 1083028

Details

Status	Registered
Legal form	Charitable company
Company number	03647389
Registered	2000-10-25
Register	View on the Charity Commission register

Contact

Address	74 Stockbridge Road Winchester Winchester GB GB SO22 6RL
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Website	www.friendsofhope.org.uk

Activities

Objects: 1) THE RELIEF OF POVERTY AND SICKNESS AND TO ADVANCE EDUCATION AMONG THE INHABITANTS OF THE NILGIRI REGION OF INDIA: AND2) THE ENCOURAGEMENT AND PROMOTION OF THE PROTECTION AND PRESERVATION OF THE ENVIRONMENT IN THE NILGIRI REGION OF INDIA.

Activities: The Friends of H.O.P.E funds the work of charities working in the Nilgiri Hills region of Tamil Nadu. and is principally engaged in relief of poverty and creating sustainable futures, whilst encouraging eco-restoration, bio-diversity, improving health,education/training. We also focus on culturally understanding the indigenous and poor communities in South India

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Classification

- **How:** Makes Grants To Organisations, Acts As An Umbrella Or Resource Body
- **What:** Education/training, The Advancement Of Health Or Saving Of Lives, The Prevention Or Relief Of Poverty, Overseas Aid/famine Relief, Environment/conservation/heritage, Economic/community Development/employment
- **Who:** Other Charities Or Voluntary Bodies, Other Defined Groups

Geography

- **Area of benefit:** NILGIRI REGION OF INDIA
- India
- Birmingham City
- Bradford City
- Cardiff
- Hampshire
- Hounslow
- Lancashire
- Leicester City
- Manchester City
- Southampton City
- Wolverhampton

Finances

Period end	Income	Expenditure	Assets	Employees
2024-10-31	£104,531	£96,594	-	-
2023-10-31	£43,676	£33,502	-	-
2022-10-31	£52,612	£63,305	-	-
2021-10-31	£29,780	£25,745	-	-
2020-10-31	£74,822	£67,528	-	-

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Trustees

Name	Role	Appointed
Dr Mahesh Mathpati		2016-06-09
Dr NICHOLAS GREY		
MICHAEL MOORE		
PROFESSOR SHEILA HILLIER		2016-11-24
ROSALEEN MULJI		2016-11-24

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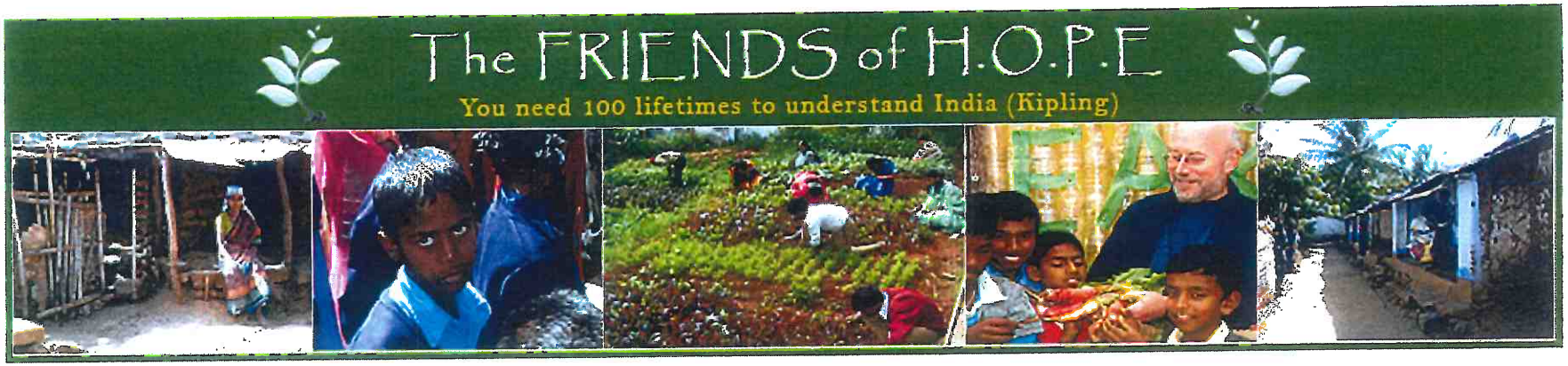
THE FRIENDS OF HOPE

England & Wales - Charity number 1083028

Accounts



Annual Report 2023

The Nilgiri Hills of Tamil Nadu rise to 8,000 feet above sea level and are stunningly beautiful, with abundant wildlife, dramatic waterfalls and mountainside covered with shola forest.

Geographically The Nilgiris with the neighbouring Wayanad district are situated between Karnataka to the north and Kerala to the west. The territory is extraordinarily diverse, as indeed is the climate. All over the Nilgiris swathes of forest and ancient grasslands have been destroyed and the landscape is populated by degraded and polluted watersheds and farms. Soil erosion is very noticeable, but yet there is a wealth of biological diversity corresponding to altitudes and geology. The communities living in the area are as diverse as the territory. Indigenous tribal communities survive alongside newcomers including refugees from Sri Lanka. Gudalur at the foot of the hills to the West has a large Muslim population as well as being a centre for the extensive Paniya community who until quite recently survived as bonded labourers.

This is the area, and these are the kinds of people upon which Friends of H.O.P.E focusses, we see the Earth and People as belonging together, encouraging communities to look after their land and use it well is at the very heart of our work.

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The Friends of H.O.P.E
Charity directory

REGISTERED COMPANY NUMBER 3647389
(incorporated: 9 October 1998)

REGISTERED CHARITY NUMBER 1083028
(registered: 25 October 2000)

COMPANY SECRETARY
David Pople

LIFE PRESIDENT: Vanya Orr

TRUSTEE DIRECTORS
Nicholas Grey, Michael Moore, David Pople, Dr Mahesh Mathpati, Mrs. Rosaleen Mulji, Prof Sheila Hillier

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Executive summary

Our climate smart ecologically sensitive organic project was approved by the Department of Horticulture and endorsed by the Collector at a 25 year celebratory event in Ooty, recognising The Friends of H.O.P.E's achievement in Nilgiris via our partnering agencies. Ms Shibila Mary and the Collector spoke emotionally about their own experiences and why it was necessary to rebuild the soil organically free of harmful chemicals, pesticides and fertilizers. The degradation caused by destructive land use practices has been going on over decades. Consequential health impacts such as the increase in cancers touched a raw nerve for Ms Shibila. We can now report that we have been given the opportunity to lead organic transition under our programme, Organic Nilgiris 2030. Included in the project will be restoration of wetlands, and sustainable waste management. Post this current year end, the parties and stakeholders in Nilgiris approved the wording of an MoU committing to the principle of our holistic approach. However, realistically it may provide a challenge too far for them to see a formal agreement through. We were pleased that Vanya Orr was able to participate in this remarkable achievement.

Above Vanya remembering her time with Jaykumar and his wife

In the Nilgiris there are 72,900 smallholdings, all under 2.5 acres and 65,000 of those holdings are under 1 acre. The small marginal farmers and growers in these watersheds are most susceptible to economic forces due to climate change, and influence of middlemen on the prices they receive.

Thus, we have a real opportunity here to ensure the region becomes totally organic in the farming sense, to improve carbon enrichment, to prevent soil erosion and land degradation and to restore the natural grasslands and shola forest of the Hill area. Organics/biodynamics has a direct influence on improving the natural environment. We are the only NGO supporting the organic movement in a meaningful way that tackles climate change.

The Nilgiris natural ecosystem is being decimated. This ecological crisis is very much intertwined with the Indigenous people. Changes in the landscape have severely impacted the shola grassland mosaic and challenged the traditional lifestyles of the indigenous people and agricultural practices. The Nilgiris has the highest recorded use of fertilizer and chemicals in all India as researched by Keystone. To achieve a good yield of say garlic, a farmer may use 9 times the normal rate of nitrate (source Keystone) and bags of fertilizer can be seen all over the landscape waiting to be applied.

Indigenous knowledge is defined as 'A body of knowledge built up by a group of people through generations of living in close contact with nature'. Traditional knowledge and practices have their own importance as they have stood the test of time and have proved to be efficacious to the local people and form the basis for their link with nature.

The Nilgiris is amongst the most fragile ecosystems in the world and must be protected, particularly as it is widely accepted that the region is the source of water for South India.

Our traditional health project (RTTMP) offers a regular health service for 64 villages. (VHO's) integrate with traditional healers. Statistically, over the course of a year, our 13 VHO's see 4100 patients. Last year we mentioned that we hoped to conclude an MoU with PSG but progress has stalled, not because of a lack of willingness, but such is the way in India which can be frustrating at times. We do know that the expectation is there as they are interested in working with us and using traditional treatments for their auto immune patients, and in strengthening our service with health screenings, camps and health awareness.

Our HIV and mental health team are quite remarkable and help just over 250 people monthly. Health awareness and stigma programmes have been recognized during the year have been positively received, resulting in more and more people coming forward for testing and reflected in the tested positive: testing ratio improving significantly even though the overall number of those registered for ART have gone up.

About us

The Friends of H.O.P.E (FoH) has inspired many villages and rural communities of the Nilgiris to apply traditional self-help practical and sustainable knowledge that embraces traditional local foods, traditional health, medicinal plants and their uses, organic and biodynamic methods of agriculture, animal husbandry, water conservation and environmental protection.

FoH was formed in 1998 to support Vanya Orr's holistic vision for sustainable communities, our 'economics of permanence', in restoring and protecting local traditions and cultures. The charity provides financial support, strategic guidance and practical advice where needed to our implementing partner agencies. All of our Trustees have Indian connections and experience in dealing with both tribal and non-tribal communities. - Mrs Rosaleen Mulji, David Pople and Prof Sheila Hillier served as trustees of The Nilgiris Adivasi Trust (NAT). Nicholas Grey (with his wife Mary) were the founder trustees of Wells for India which works in Rajasthan, Dr Mahesh Mathpati is a well-known and highly respected Ayurvedic doctor, and Michael Moore lived and worked in India for some years. All money raised by FoH, except for a very small amount needed to cover its administrative expenses, is remitted to the partnering NGO's. **The Trustees of FoH give their time and services entirely on a voluntary basis.**

All funding from us and sent to India meets FCRA rules and we are fully compliant. We expect that The Garden of HOPE Trust will apply for full, rather than partial, FCRA status during 2024/5 but in the meantime Prior Permission status is sufficient.

Our record of notable achievement.

Over the 25 years, £1million has been sent to India for good causes.

One of our objectives and organic region is achievable, with a climate smart programme Organic Nilgiris 2030 endorsed by the Dept of Horticulture and The Collector and an MoU with the parties to be signed in June 2024

Our traditional health project, the RTTMP provides a health service for 64 tribal villages, a population of some 7500 people and over 3800 patients are now being treated annually.

We support over 250 people affected by HIV.

Initiated eco clubs in government schools.

Poverty in the region

Poverty amongst Tribal communities is commonplace. These indigenous peoples rely on agriculture and the forest for their livelihoods, and farming is in crisis. Statistically in rural areas such as the Nilgiris over 31% of the scheduled castes and about 20% of the backward classes come into the poverty category (source: socialjustice.nic.in). The rural poor in the Nilgiris include an indigenous tribal population of almost 28,000 – Irullas, Kotas, Todas, Paniyas and Kurumbas being the principal groups. The agriculturalist Badagas, numbering some 200,000, are also often referred to as indigenous peoples as their origins can be traced back as far as the other groups, but mostly they migrated from the plains a few hundred years ago.

The daily wage for a male agricultural worker is between Rs450 and 1000 per day at the moment, and for women around Rs300-450 per day but many of the people we come across have a much lesser income. For example, those people who are 'retired' on a nominal pension income have to engage in the 100-day worker scheme to meet every day needs. But he poorest members of society we deal with are found in tribal communities and those affected by HIV, and who often only receive an average daily income of less than Rs300 (£3.00).

Malnutrition is increasing and many say this is due to poverty. Our research amongst those with anaemia, indicates this is true. Due to a shift away from traditional diets. The HIV community is particularly impacted contributing to their weakened immune systems.

A typical example of poor housing in the region

Relationship between The Friends of H.O.P.E and its partners

The relationship between FoH and the partnering agencies is governed by Memoranda of Understanding (MoU's) or Project Agreement (the governing documents). These documents define the parameters as to how the charities work together, with FoH providing funding, advisory and practical help with Indian agencies being the implementing partners. The MoU's allow for FoH to be provided with regular reports, and also stipulate that each NGO will be fully accountable to FoH for the way in which funding is used. Therefore, those who give money can be assured donations are used for the intended purpose and not wasted.

Aspirations for an Organic Region

Over the years we have consistently promoted an organic region as the practical way to restore soil and tackle the degradation of the landscape. The Nilgiris, an area of 2,500 sq km, is a unique Biosphere and many argue it is one of the world's most important. The State Government introduced The Tamil Nadu Organic Policy for the Nilgiris (March 2023) closely followed by an Agricultural Bill providing significant funding for organic awareness and transition (April 2023). We quote: " A special scheme to promote organic farming in the Nilgiris district will be implemented by the state government over a period of five years at an outlay of Rs 50 crore. Creation of awareness on organic farming, reducing the use of chemical fertilizers,

introduction of organic cultivation practices, providing guidance on the production of vermicompost, panchagavya and dasagavya, extending cultivation assistance, registration for organic certification and creation of markets for organic produces will be carried out in the coming year at an outlay of Rs 5 crore," said Panneerselvam, Agriculture Minister.

However, this may be a cosmetic statement as so much money is generated by the fertilizer lobby

The organic movement initiative was introduced by Vanya Orr and this movement, undertaken with FoH funding, is now implemented via our partner in India, The Garden of HOPE Trust (GOHT).

How can this be achieved? Practical objectives

- To upgrade the skills and methodologies of organic and biodynamic farming system among rural farming communities.
- Help 'chemical' farmers change their cultivation practice
- Help farmers and growers optimise yield and income
- To facilitate a concept of environmental citizenship among the Nilgiris farmers, through integration of knowledge, sense of responsibility and successful action to rebuild soil, mitigating topsoil erosion particularly during heavy monsoon rains.
- Using social media and TV channel media, target future generations and enlist their support in tackling climate change.
- To reinforce and reward existing environment friendly lifestyles among youth, engaging with their lobby via social media to eradicate chemicals and pesticides, improving health and nutrition of people and the environment (H.O.P.E)
- Work with colleagues who can offer significant knowledge and ways of furthering organic awareness in schools and organisations.
- To integrate the Nilgiris farmers' efforts into the global effort to gain global recognition and support.
- To mitigate climate change through organic farming.
- Whenever possible encourage the restoration of natural habitats, particularly at the forest line and restoration of wetlands
- Help achieve sustainable waste solutions at farm, household and village level.

Revisiting our strategy for Organic transition and tackling climate change

As mentioned in our executive summary, we held a celebratory event in Ooty in October marking and informing people of our achievement since we were formed in 1998. The event provided the ideal opportunity to launch our 'climate smart' micro-watershed approach titled 'Organic Nilgiris 2030'.

Above, formal presentation of Organic Nilgiris 2030 project to the Joint Director, Horticulture Ms. Shibila Mary

In principle, 12 organic awareness centres (OAC's) will be established on farmers' land in each of the different climatic zones of the Nilgiris. At the time of writing, we are six months into the program and 2 OAC's are established. 2 more OAC's have been commenced, each owned by enthusiastic women, and 3 are currently in the process of selection out of a total of 23 potential farmers. We expect a lot from the OAC. The farmer is expected to host visits from other farmers in his watershed valley (thus creating farmer interest groups) and encourage households to establish kitchen gardens. In return we engage by helping with detailed planning, provision of technical assistance and initial financial support.

Our watershed mapping identifies wetlands, ancient water courses, that need to be opened up, and sustainable waste programmes are being planned for implementation at household and village level, indeed, these might be exciting participative projects for schools and colleges! In other words, we shall continue with our holistic approach.

Full data capture is being gathered from the first two selected micro-watersheds. GPS mapping is key as there are 233 watersheds in the Nilgiris!!

Bench terracing is important to the watershed valleys and significantly is recognized by Organic producers as a means to prevent further soil erosion. Watershed 'management' provides the opportunity to look at restoration of natural habitats and the shola forest with other stakeholders such as the Forest Department and the Directorate of the SADP. We seek to engage with indigenous groups who, when all is said and done, are the natural custodians of the forest, and document and understand the ancient ways that should be reintroduced to manage the ecology of the Nilgiris biosphere in the face of extreme climatic change.

Coping with animal conflict.

The loss of natural habitats and forest for wildlife has meant that farmers cultivations are frequently destroyed by wildlife seeking water and food – in particular "bison" ruining crops . Elephants too can cause severe problems. Livestock is threatened by tigers, leopards, panthers and the like. Livestock numbers are down which is a problem in itself as the product of the cow is essential to organic applications, BD composting, BD preps, panchagavya etc.

Above Mohanraj called to free a leopard caught in wire on a tea estate at Lovedale, near Ooty.

Aggressive weather patterns, drought and consolidated periods of monsoon, can be devasting for the smaller enterprise. Our climate smart resilient farming and horticulture strategy, recognises the need to restore natural habitats and the forest ecology. Some fertilizers and chemicals are applied 9-fold, for example to garlic, in order to obtain a yield; no wonder there is such degradation here and increases cancers.

Kota farmers receiving training

Below:Jaykumar explaining organic inputs from recycled waste to Chandran, Assistant Director, Horticulture

Some 30 farmers, the JD Horticulture and The Collector came to the inauguration of the first OAC established on Jaykumar's small holding of less than an acre.

Engagement with the community

Educating local schools, colleges and communities about the impacts of climate change on micro watersheds and the importance of adopting sustainable land-use practices, is an important part of our educating process. Organic awareness and climate change campaigns is leading to the community's involvement in sustainable land-use practices and promote a more climate-resilient micro watershed.

Janardhan talking to JSS students about impact of climate change

Below, Blue Mountain students forest experience and climate change

Our traditional health service programme (RTTMP)

The value of local health traditions to indigenous communities goes back in time over thousands of years. Our health programme focuses on tribal villages found on the Eastern slopes near Kothagiri town in the Nilgiris. The strategy defined by our team and local healers proposes key activities to sustain the project and which are set within the broader FoH objective of drawing upon traditional knowledge to improve health for tribal **communities, linking environmental concerns for the forest and the urgent need to restore soil health within agriculture and horticulture.**

Our team of 13 tribal women (VHO's) together with a group of local traditional healers, resource the project. Five members of our VHO team are also now recognised as healers evidenced by Quality Care India certification. And we are looking at testing other VHO's who we feel meet the required standard.

The RTTMP programme looks at long term TRADITIONAL health sustainability for the people by the people. Local knowledge utilises the power of medicinal plants efficacy. Over 3876 patients were treated during the year, an average of 323 per day.

We continue to review progress, and collection of patient and village data allows us to determine the number of households by village and their health condition(s). Further, a patient's illness is coded red, amber or green, with red demanding constant or frequent support. Chronic conditions which our team categorise as long-term medical conditions might include anaemia and diabetes with underlying causes identified and recorded.

Capacity building is provided by FRLHT/TDU.

In March 2023 we signed) a 5-year MoU with TDU as research partner, and GoHT as the implementing partner via the RTTMP programme. This allows for the anaemia research project to be extended by a further 3-4 years. Currently 650 families are participating. The local healers and VHO's have gained insightful knowledge about iron deficiency anaemia and sickle cell. Planning is in hand to extend both number of villages and families which mean that more local healers will be needed. Provision for other research programmes as may be agreed, was also written into the agreement.

The RTTMP team meets each month to review progress and discuss cases. To help regularise data collection it was agreed that a mobile APP be developed. Most of the team have smart phones but Wi-Fi/WhatsApp connectivity is sometimes problematic. The team outlined the activity (strategy) they wished to strengthen over the next 3-4 years: -

- Improve the basic health service provided.
- Continue to document ancient traditional knowledge handed down through generations and thus safeguard for the future.
- Participate in the anaemia research programme by monitoring Hg levels, dietary outcomes and well-being.

- Increase health awareness. Vanya had a syllabus of educating village women in particular on the way the body functions and the importance of a good balanced diet.
- Develop traditional medicines and oils. This involves an understanding of standards and licensing.
- School programme – to introduce, or improve awareness of the value of, and how to identify, medicinal plants and their uses.
- to offer internships to university students and to those from tribal villages seeking to gain knowledge.
- Continue to prepare and distribute pandemic decoctions at village level.
- Work in a holistic manner to encourage villagers to establish kitchen nutritional gardens.

81 kitchen herbal gardens have been created. and 26 schools are involved in the school programme.

Interaction occurs with organic farmers in the tribal villages.

Students in 26 schools learn about medicinal plants found in the forest around their school, whilst also learning about basic health.

The plan for the latter part of 2024 is to extend the RTTMP to other tribal areas, notably Gudalur valley, and villages dotted around Coonoor and Ooty. This will mean taking on 4-5 more VHO's who would work alongside the certified healers in those areas.

It is hoped that the discussions with PSG Hospitals about a partnering under the terms of an MoU can be progressed in 2024. PSG seem keen to use the RTTMP's tribal health products for treating their auto immune disease patients. In return PSG have offered to help us with screening programmes and health awareness generally. There are other potential benefits as well, including internship exchange with PSG's climate change students field testing soil etc.

Iron content of few traditional food items used in Nilgiris

Sl.No	TRADITIONAL VILLAGE FOOD	Common name	Iron (mg/100g)	Groups
1	Amla	Goosberry	1.25	FRUITS
2	Pomegrante	Pomegranate, maroon seeds	0.31	FRUITS
3	Fig Fruit	Fig	0.69	FRUITS
4	Guava	Guava, white flesh	0.32	FRUITS
5	Mint	Mint leaves	8.56	CONDIMENTS AND SPICES-FRESH
6	Sigappu Ponnanganni	Ponnaganni	3.88	GREEN LEAFY VEGETABLES
7	Drumstick Leaves	Drumstick leaves	4.56	GREEN LEAFY VEGETABLES
8	Curry Leaves	Curry leaves	8.67	CONDIMENTS AND SPICES-FRESH
9	Jack Fruit	Jack fruit, ripe	0.36	FRUITS
10	Sirukeerai (Amaranthus)	Amaranth leaves, green	4.64	GREEN LEAFY VEGETABLES
11	Beetroot	Beet root	0.76	ROOTS AND TUBERS
12	Jamun fruit	Black berry	0.63	FRUITS
13	Dates	Dates, dry, pale brown	3.2	FRUITS
14	Black Grapes	Grapes, seeded, round, black	0.22	FRUITS

Below:Tribal healers from Gudalor taluk receiving their certificates, each healer received Rs50,000 on passing the test programme.

A selection of traditional oils and medicines

Our HIV support and stigma programmes

We are supporting over 250 of the 503 people on the ART register, a further significant increase on the year before.

One to one counselling, group therapies, stigma reduction, nutrition, mental health, are all essential interventions. Sathiya, our programme manager, and his small team are building relationships and trust.

Regular visits are made to the ART offices, either to collect prescriptions on behalf of clients or importantly to en sure close ties

With Sathiya stepping up to be overall health programme director we are looking to recruit one or two m ore people from the HIV community to train as counsellors.

The table below lists the number of meetings (and attendance) of people who have participated in our stigma, HIV awareness programme. Our stigma programme is planned over 3 years – always there are new groups to meet and talk to. Whilst we believe the programme is working well, we still come across many instances of anguish caused by lack of awareness, lack of patient privacy and ignorance.

The programme records that there has been -

	2023		2022	
	meetings	participants	meetings	participants
Hospital settings	32	1207	37	987
Schools/colleges	46	2809	57	3169
Employers, tea factory	41	318	34	421
Individuals		3282		3405
100-day workers	21	475	36	1244
New clients		39		

We are evidencing some success as we exted our heath awareness and HIV stigma initiatives. Statistically, more people are coming forward for testing. Although the total number of recorded HIV affected people has risen as per the ART register, indeed, on the balance of probabilities that would obviously be the case, the ratio (number of tests: tested positive) has improved. In school, college and education centres we have been particulary well received and altough we don't have the analysis of the groups coming forwatd for testing, our openesss in talking about a taboo subject is welcomed amongst the

Student population

HIV awareness and stigma in the hospital environment

There is a continuing need to address stigma but a strong focus for us is the student where there is a real perception of the young learning from the sessions we provide. In schools and colleges, we historically noticed significant discrimination and ignorance, and have reports on file of teachers refusing to let children continue in school once their HV status is known, or indeed where HIV positive children are not allowed to socialise, necessitating a school transfer. We now see a much better situation. The young have the potential to be great peer educators, via technology and social media.

The problem will never really go away, given the cultures of the region. Constant village visits will be necessary over the next year when a final review will take place. People with HIV or affected by HIV will continue to face discrimination by mainstream society and are badly treated everywhere. There is a huge reluctance to talk about HIV, making our counselling forums essential. Most people affected, including children, acquired HIV without any knowledge and it is only when they are tested that they find out, often with calamitous consequences to family and community life. It was to address this need that our nutritional and psychological support programmes were also started.

We offer frequent counselling for individuals, families and communities to help them overcome concerns and issues they sense and meet in their day to day lives. This is done by constantly raising awareness. Gradually, we have seen knowledge levels improving, and numerous changes in attitudes and behaviour have been noted in visit reports and monitoring. The client also is noticing an improving situation.

People with HIV often suffer the impacts of stigma when visiting health care settings. Sathiya reports that training and meeting with health care staff over the past years has dramatically improved staff understanding of HIV, from paediatric care to ART delivery. The healthcare sector has its own challenges, frequent staff rotation, new staff and we are talking to the sector about regular induction of staff. We hope to see further improvement across this sector over the next twelve months. Sathiya makes regular visits to key healthcare managers and doctors and the relationships are testament to the goodwill he is creating.

Above: *Sumithra talking to daily wage workplace and tea estate workers*

Below: Nutrition distribution and group therapy event in Ooty Feb 2023. 116 Beneficiaries received nutrition supplements on that occasion.

Meetings led by Sathiya create a safe environment in which to share problems, struggles and provide enlightenment and motivation to live meaningfully - different problem-solving strategies are discussed. Individual as well as group counselling sessions, are available.
We want to restart regular distribution of much needed nutritional supplements and organic vegetables which we had to stop because of lockdown restrictions and the logistics of delivering both supplements and produce to each centre. We manage our unrestricted funding to provide nutrition supplements marking auspicious occasions, such as Divali.

Everyone asks when the monthly nutrition and group therapy meetings will restart. They recognise the enormous benefits, both physical and mental, this service gives. By charting each client before and after nutrition we can see a huge improvement in CD04 levels. Support was available 24/7 for anyone who needed help.

When funds were available to provide nutrition support, approximately 120 beneficiaries on average received supplements and vegetables on each occasion, free of charge.

Eco-Clubs

The aim of the Eco club is to develop a green consciousness and social responsibility. Through Eco Clubs we promote recycling, composting, organic gardening, evidencing the importance of the natural environment – the forest and plants found in the forest, particularly medicinal plants found around the villages in the Nilgiris region. With so much emphasis placed on climate change we are introducing climate change into the eco club syllabus. The syllabus will cover classroom-based activity, practical work – nutrition school garden, forest and wetland visits and restorative projects, regular village clean up drives etc. and an introduction to sustainable waste.

Currently, the RTTMP team have engaged with 26 schools and our ecology team has imitated clubs in two elite schools Riverside and Blue Mountain. A further short list of schools wanting to join the eco club network has been drawn up following conversations with head teachers. We plan to help the schools establish organic gardens growing vegetables, culinary and medicinal herbs, and where space

permits, encourage the creation of a botanical garden and tree planting.

Our climate smart resilient farming strategy encompasses environmental protection, and the tribal schools are to be approached to help with research and documenting traditional conservation of the forest around them.

Below, students at Pudur and Garikiyur schools

PhD: exploring self-reliance in primary healthcare among families and communities using traditional medicine.

We are looking forward to the publication of this valuable research programme.

Our Education Fund

FoH support young people from tribal communities and/or backward class family backgrounds. Through the Garden of HOPE Trust, we are looking to introduce internships for students attending the Government Arts College, Ooty; Emerald Heights and Providence and JSS colleges, and which might be offered across our range of activities...social media, website, traditional health, maybe mental health, environment/climate change, ecology/biodiversity, and organics.

The FoH fund provided support to Emima through to 2023, and at the end of the year, we were rewarded when Emima was achieved a 1st Class degree and is now Dr Emima, Bachelor of Ayurvedic Medical Sciences degree (BAMS). She has accepted a two-year post qualification practical opportunity at the I-AIM hospital near Bangalore during which she'll be exposed also to A&E, and non-traditional interventions during secondment to one or two Bangalore City based hospitals.

Fundraising events

No fundraising events were held during the year.

Financial review

The FoH accounts are available separately and upon request. They are also found via our web site or on the Charity Commission's web site. Income during the year amounted to £43,676 (previous year £52,612). The Trustees' policy is that all funds (except for nominal administrative costs) should be sent to India, and particularly at times when we can

take advantage of preferential exchange rates. In this way we can optimize our project funding. Total funds expended on projects during the year amounted to £32,552 (previous year £61,521).

Local UK administrative costs amounted to just £950 (previous year £1,785 as detailed in the annual accounts). Grants and donations over £700 were received from the following organizations: - The Souter Charitable Trust; St Clare and St Francis Trust; The Cumber Family Trust, Nilgiris Adivasi Trust, CB and HH Taylor 1984 Charitable Trust, The Farthing Trust.

We are also grateful to other charities and individuals who have contributed to our income by way of grants, donations, responses to appeals and gift aid. Your support is so very much appreciated.

Photo Gallery

Lakhsmi being tested during Quality Care India certification programme. Lakhsmi was one of six of our VHO's who received certification and recognition as an approved Healer.

Before lockdown: The Collector visiting the GoHT stand at an Organic conference in Ooty.

Kesalada school medicinal plantand botanical garden

Below: a farm worker learning how to prepare Jeevamritham

Above and below: HIV stigma 'workplace' awareness meetings

Sathiya posing with a group of healthcare students and staff

100 day worker group, Masinagudi.. Health and HIV awareness meeting

THE FRIENDS OF H.O.P.E.
(Company limited by guarantee and not having a share capital)

DIRECTORS' REPORT FOR THE YEAR ENDED 31 OCTOBER 2023

The directors, who are also trustees of the charity, present their report and the accounts for the year ended 31 October 2023.

The governing document of the charity is the Memorandum and Articles of Association incorporated on 9 October 1998. The Friends of H.O.P.E. is a company limited by guarantee. The liability of the members is limited by their guarantee. In the event of the company being wound up during the period of their membership (or within a year following), members undertake to contribute such amounts as may be required, up to a maximum of £10.

The annual general meeting deals with the appointment of trustees and other matters such as approval of the report and accounts and the appointment of auditors.

The objectives of the charity are:

a) the relief of poverty and sickness and to advance education among the inhabitants of the Nilgiri region of India; and
b) the encouragement and promotion of the protection and preservation of the environment in the Nilgiri region of India.

RESERVES POLICY AND RISK MANAGEMENT

It is the objective of the directors to hold whenever possible approximately six month's expenditure in reserves, but it is also our policy to take advantage of a good exchange rate whenever possible. We therefore monitor the combined reserves of our NGO partners and The Friends of H.O.P.E on a monthly basis to preserve a sound reserves policy.

The risks to which the charity is exposed are frequently reviewed and procedures have been established to manage those risks.

DIRECTORS / TRUSTEES

Dr Nicholas Grey
Prof Sheila Hillier
Michael Moore
Dr Mahesh Mathpati
Rosaleen Mulji
David Pople

DIRECTORS' REPORT FOR THE YEAR ENDED 31 OCTOBER 2023 (CONTINUED)

DIRECTORS' RESPONSIBILITIES

The directors are responsible for preparing the Directors' Report and the accounts in accordance with applicable law and regulations.

Company law requires the directors to prepare accounts for each financial period which give a true and fair view of the state of affairs of the company at the end of the period and of its income or expenditure for the period. In preparing those accounts, the directors are required to:-

- select suitable accounting policies and then apply them consistently;
- make judgements and estimates that are reasonable and prudent;
- state whether applicable accounting standards have been followed, subject to any material departures disclosed and explained in the accounts;
- prepare the accounts on the going concern basis unless it is inappropriate to presume that the company will continue in operation.

The directors are responsible for keeping proper accounting records which disclose with reasonable accuracy at any time the financial position of the company and to enable them to ensure that the accounts comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

This report has been prepared in accordance with the small companies regime under section 419(2) of the Companies Act 2006, and in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Statement of Recommended Practice: applicable to charities preparing their accounts in accordance with FRS 102.

By order of the board on
and signed on its behalf by

M Moore
Director

INDEPENDENT EXAMINERS' REPORT
TO THE TRUSTEES OF THE FRIENDS OF H.O.P.E

I report to the charity trustees on my examination of the accounts of the company for the year ended 31 October 2023, which are set out on pages 22 to 27.

RESPONSIBILITIES AND BASIS OF REPORT

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

Having satisfied myself that the accounts of the charitable company 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 your charitable company's accounts as carried out under section 145 of the Charities Act 2011 (the '2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act.

INDEPENDENT EXAMINER'S REPORT

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:

1) accounting records were not kept in respect of the charitable company as required by section 386 of the 2006 Act; or
2) the accounts do not accord with those accounting records; or
3) the accounts 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 accounts 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 accounts to be reached.

CJ GOODHEAD FCA
KNIGHT GOODHEAD LIMITED
Chartered Accountants
7 Bournemouth Road
Chandler's Ford
Eastleigh
Hampshire SO53 3DA

THE FRIENDS OF H.O.P.E.
(Company limited by guarantee and not having a share capital)

STATEMENT OF FINANCIAL ACTIVITIES FOR THE YEAR ENDED 31 OCTOBER 2023
(Including Income and Expenditure Account)

	Notes	Unrestricted funds £	Restricted funds £	Total funds 2023 £	Total funds 2022 £
Income					
Donations and legacies	3	22,376	21,300	43,676	52,612
TOTAL INCOME		**22,376**	**21,300**	**43,676**	**52,612**
Expenditure					
Charitable activities					
H.O.P.E. projects	4	16,183	17,319	33,502	63,305
TOTAL EXPENDITURE	5	**16,183**	**17,319**	**33,502**	**63,305**
Net income for the year		6,193	3,981	10,174	(10,693)
FUNDS AT 31 OCTOBER 2022	8, 9	4,918	1,188	6,106	16,799
FUNDS AT 31 OCTOBER 2023		**11,111**	**5,169**	**16,280**	**6,106**

The Statement of Financial Activities includes all gains and losses recognised in the year.
All income and expenditure derive from continuing activities.

THE FRIENDS OF H.O.P.E.
(Company limited by guarantee and not having a share capital)

COMPARATIVE STATEMENT OF FINANCIAL ACTIVITIES FOR THE YEAR ENDED 31 OCTOBER 2022
(Including Income and Expenditure Account)

	Unrestricted funds £	Restricted funds £	Total funds 2022 £
Income			
Donations and legacies	22,123	30,489	52,612
TOTAL INCOME	**22,123**	**30,489**	**52,612**
Expenditure			
Charitable activities			
H.O.P.E. projects	21,342	41,963	63,305
TOTAL EXPENDITURE	**21,342**	**41,963**	**63,305**
Net income / (expenditure) for the year	781	(11,474)	(10,693)
FUNDS AT 31 OCTOBER 2021	4,137	12,662	16,799
FUNDS AT 31 OCTOBER 2022	**4,918**	**1,188**	**6,106**

The Statement of Financial Activities includes all gains and losses recognised in the year.
All income and expenditure derive from continuing activities.

THE FRIENDS OF H.O.P.E. **(COMPANY NUMBER 3647389)**

(Company limited by guarantee and not having a share capital)

BALANCE SHEET AT 31 OCTOBER 2023

	Notes	2023	2022
		£	£
CURRENT ASSETS			
Debtors	6	5,533	1,227
Cash at bank and in hand		11,961	5,516
		17,494	6,743
CREDITORS: amounts falling due within one year	7	(1,214)	(637)
NET CURRENT ASSETS		16,280	6,106
NET ASSETS		**16,280**	**6,106**
FUNDS			
General Fund	8	11,111	4,918
Restricted Fund	9	5,169	1,188
	10	**16,280**	**6,106**

For the financial year ended 31 October 2023, the company was entitled to exemption from audit under section 477 Companies Act 2006. No member of the company has deposited a notice, pursuant to section 476, requiring an audit of these accounts.

The directors acknowledge their responsibilities for ensuring that the company keeps accounting records, which comply with section 386, and for preparing accounts, 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 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 accounts, so far as applicable to the company.

These accounts have been prepared in accordance with the provisions applicable to companies subject to the small companies regime within Part 15 of the Companies Act 2006.

Approved by the board of directors on
and signed on its behalf by

M Moore

M Moore
Director

NOTES TO THE ACCOUNTS FOR THE YEAR ENDED 31 OCTOBER 2023

1 ACCOUNTING POLICIES

Accounting convention

The accounts have been prepared under the historical cost convention, in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Statement of Recommended Practice: applicable to charities preparing their accounts in accordance with FRS 102.

The charity meets the definition of a public benefit entity under FRS 102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy note.

The accounts have been prepared on the going concern basis. There are no material uncertainties about the charity's ability to continue.

Income

Income is recognised when received, together with any associated tax refund, except for income given for specific purposes where it is matched against the related expenditure.

Expenditure

Expenditure is recognised in the period to which it relates and is allocated to the appropriate cost heading. No material items of expenditure require apportionment across more than one category. Support costs are allocated between funds based on the corresponding income split in the period.

Fund accounting

- Unrestricted funds are available for use at the discretion of the trustees in furtherance of the general objectives of the charity.
- Designated funds are unrestricted funds earmarked by the trustees for specific purposes.
- Restricted funds are subjected to restrictions on their expenditure imposed by the donor.

2 LEGAL STATUS

The charitable company was incorporated on 9 October 1998 in England and Wales and was registered on 25 October 2000 with the Charity Commission in England and Wales. The registered number is 03647389 and the charity number is 1083028. The charity is a public benefit entity.

The registered office of the charity is 7 Bournemouth Road, Chandler's Ford, Eastleigh, Hampshire, SO53 3DA.

NOTES TO THE ACCOUNTS FOR THE YEAR ENDED 31 OCTOBER 2023 (continued)

3 TOTAL INCOME

	Unrestricted funds £	Restricted funds £	Total funds 2023 £	Total funds 2022 £
Grants	19,699	21,300	40,999	50,489
Donations	2,143	-	2,143	1,656
Gift aid reclaimed	534	-	534	467
	22,376	21,300	43,676	52,612

4 HOPE PROJECTS

	Unrestricted funds £	Restricted funds £	Total funds 2023 £	Total funds 2022 £
Grant funded activities	15,111	16,300	31,411	57,441
Fundraising	585	556	1,141	4,080
Support costs	148	141	289	1,154
Accountancy and independent examination	339	322	661	630
	16,183	17,319	33,502	63,305

5 TOTAL EXPENDITURE

No director received any remuneration during this or the previous year. During the year reimbursed expenses relating to project costs of £1,999 (2022: £801) were paid to one trustee.

6 DEBTORS

	2023 £	2022 £
Gift aid recoverable	533	467
Accrued income	5,000	-
Prepayments	-	760
	5,533	1,227

7 CREDITORS: amounts falling due within one year

	2023 £	2022 £
Trade Creditors	589	84
Accruals	625	553
	1,214	637

NOTES TO THE ACCOUNTS FOR THE YEAR ENDED 31 OCTOBER 2023 (continued)

8 UNRESTRICTED FUNDS

	Funds brought forward £	Income £	Expenditure £	Funds carried forward £
General funds	4,918	22,376	(16,183)	11,111

9 RESTRICTED FUNDS

	Funds brought forward £	Income £	Expenditure £	Funds carried forward £
Education fund	-	300	(300)	-
HIV/Health	-	6,000	(6,000)	-
Farming and sustainable villages	1,188	15,000	(11,019)	5,169
	1,188	21,300	(17,319)	5,169

Education fund: The Nilgiris Adivasi Trust (NAT) and Friends of HOPE contribute to tribal school running costs and bursary support for students attending higher secondary schools.

HIV/Health fund: The funding for people living with HIV covers screening for both HIV and TB, counselling, vocational support and nutritional supplements.

Farming and sustainable villages: Encourages farmers to convert to organic farming practices and to restore goodness to the soil, thus helping to protect the natural environment.

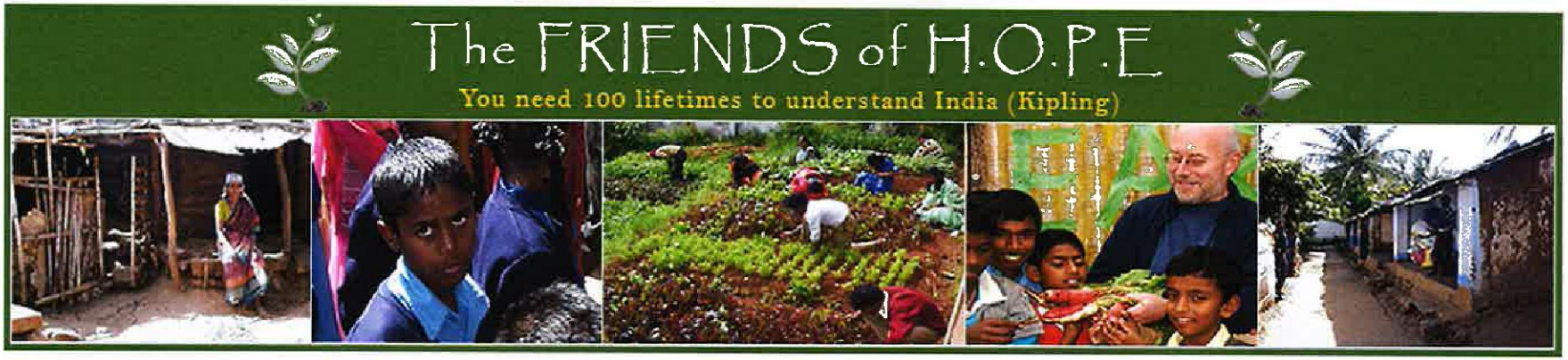
10 ANALYSIS OF NET ASSETS BETWEEN FUNDS

	Unrestricted funds £	Restricted funds £	Total funds £
As at 31 October 2023			
Debtors	5,533	-	5,533
Bank and cash	6,792	5,169	11,961
Creditors	(1,214)	-	(1,214)
	11,111	5,169	16,280
As at 31 October 2022			
Debtors	1,227	-	1,227
Bank and cash	4,328	1,188	5,516
Creditors	(637)	-	(637)
	4,919	1,188	6,106

THE FRIENDS OF HOPE

England & Wales - Charity number 1083028

Accounts



Annual Report 2022

The Nilgiri Hills of Tamil Nadu rise to 8,000 feet above sea level and are stunningly beautiful, with abundant wildlife, dramatic waterfalls and mountainside covered with shola forest.

Geographically The Nilgiris with the neighbouring Wayanad district are situated between Karnataka to the north and Kerala to the west. The territory is extraordinarily diverse, as indeed is the climate. All over the Nilgiris swathes of forest and ancient grasslands have been destroyed and the landscape is populated by degraded and polluted watersheds and farms. Soil erosion is very noticeable, but yet there is a wealth of biological diversity corresponding to altitudes and geology. The communities living in the area are as diverse as the territory. Indigenous tribal communities survive alongside newcomers including refugees from Sri Lanka. Gudalur at the foot of the hills to the West has a large Muslim population as well as being a centre for the extensive Paniya community who until quite recently survived as bonded labourers.

This is the area, and these are the kinds of people upon which Friends of H.O.P.E focusses, we see the Earth and People as belonging together, encouraging communities to look after their land and use it well is at the very heart of our work.

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The Friends of H.O.P.E
Charity directory

REGISTERED COMPANY NUMBER 3647389
(incorporated: 9 October 1998)

REGISTERED CHARITY NUMBER 1083028
(registered: 25 October 2000)

COMPANY SECRETARY
David Pople

LIFE PRESIDENT: Vanya Orr

TRUSTEE DIRECTORS
Nicholas Grey, Michael Moore, David Pople, Dr Mahesh Mathpati, Mrs. Rosaleen Mulji, Prof Sheila Hillier

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Executive summary

The Tamil Nadu state government issued an organic policy and followed it up with the publication of an agricultural bill with significant encouragement for organic transition (March and April 2023). We are very proud to have seen these seeds germinate and begin to grow.

We do not regard ourselves as a lobby group but over the last 20 years we have participated in discussions at Collectorate level and built relationships with the staff of the Horticulture directorate via our project manager. Our model nursery and a willingness to support the growers at field level demonstrates our capabilities. At our AGM discussion in July 2022, we decided to develop a revised strategy by introducing climate smart organic transition, realizing that by focusing on micro watersheds you could also look at influencing environmental restoration – water conservation, rebuilding natural habitats and the forest. This includes working with enthusiastic growers and farmers to create organic awareness centres in micro watersheds in each of the climatic zones of the Nilgiris. More information on this subject is available in our farming section.

In the Nilgiris there are 72,900 smallholdings, all under 2.5 acres and 65,000 of those holdings are under 1 acre. The small marginal farmers and growers in these watersheds are most susceptible to economic forces due to climate change, and influence of middlemen on the prices they receive.

Thus, we have a real opportunity here to ensure the region becomes totally organic in the farming sense, to improve carbon enrichment, to prevent soil erosion and land degradation and to restore the natural grasslands and shola forest of the Hill area. Organics/biodynamics has a direct influence on improving the natural environment. We are the only NGO supporting the organic movement in a meaningful way that tackles climate change.

Our traditional health project (RTTMP) offers a regular health service for 64 villages. During COVID we could only adequately cover one third of the project villages but, since our year end, our team staffing has now increased by 4 and the health service is back to agreed project levels. Integrated with traditional healers over 3000 cases are treated each year. We are delighted that 13 women, five of whom are now healers in their own right, have been empowered to provide a health service for a population of 7800 tribal people. In the coming months we are looking to establish a referral agreement by way of MoU to the PSG Hospitals Group. Discussions will take place on linking Vedic traditional treatments into PSG's mainstream health in areas such as critical care, end of life etc. PSG have just opened a 150-bed specialist oncology unit with nuclear fusion treatment being offered for cancer patients.

COVID also meant that our small HIV team of 3 staff have been unable to host regular group therapy sessions, and distribution of nutrition supplements and organic vegetables to the HIV community has been spasmodic due to lack of funding. But counselling and the programme tackling the stigma of HIV has shown what can be achieved in difficult circumstances (summary available if interested). Up to 443 people affected by HIV are supported. The school eco club re-launch is still on hold despite school children returning to class at the beginning of this year.

The Nilgiris natural ecosystem is being decimated. This ecological crisis is very much intertwined with the Indigenous people. Changes in the landscape have severely impacted the shola grassland mosaic and challenged the traditional lifestyles of the indigenous people and agricultural practices.

Indigenous knowledge is defined as 'A body of knowledge built up by a group of people through generations of living in close contact with nature'. Traditional knowledge and practices have their own importance

as they have stood the test of time and have proved to be efficacious to the local people and form the basis for their link with nature.

The Nilgiris is amongst the most fragile ecosystems in the world and must be protected, particularly as it is widely accepted that the region is the source of water for South India.

About us

The Friends of H.O.P.E (FoH) has inspired many villages and rural communities of the Nilgiris to apply traditional self-help practical and sustainable knowledge that embraces traditional local foods, traditional health, medicinal plants and their uses, organic and biodynamic methods of agriculture, animal husbandry, water conservation and environmental protection.

FoH was formed in 1998 to support Vanya Orr's holistic vision for sustainable communities, our 'economics of permanence', in restoring and protecting local traditions and cultures. The charity provides financial support, strategic guidance and practical advice where needed to our implementing partner agencies. All of our Trustees have Indian connections and experience in dealing with both tribal and non-tribal communities. - Mrs Rosaleen Mulji, David Pople and Prof Sheila Hillier served as trustees of The Nilgiris Adivasi Trust (NAT). Nicholas Grey (with his wife Mary) were the founder trustees of Wells for India which works in Rajasthan, Dr Mahesh Mathpati is a well-known and highly respected Ayurvedic doctor, and Michael Moore lived and worked in India for some years. All money raised by FoH, except for a very small amount needed to cover its administrative expenses, is remitted to the partnering NGO's. **The Trustees of FoH give their time and services entirely on a voluntary basis.**

All funding from us and sent to India meets FCRA rules and we are fully compliant. We expect that The Garden of HOPE Trust will apply for full, rather than partial, FCRA status during 2023 but in the meantime Prior Permission status is sufficient.

Poverty in the region

Poverty amongst Tribal communities is commonplace. These indigenous peoples rely on agriculture and the forest for their livelihoods, and farming is in crisis. Statistically in rural areas such as the Nilgiris over 31% of the scheduled castes and about 20% of the backward classes come into the poverty category (source: socialjustice.nic.in). The rural poor in the Nilgiris include an indigenous tribal population of almost 28,000 – Irullas, Kotas, Todas, Paniyas and Kurumbas being the principal groups. The agriculturalist Badagas, numbering some 200,000, are also often referred to as indigenous peoples as their origins can be traced back as far as the other groups, but mostly they migrated from the plains a few hundred years ago.

The base poverty line in India is assessed at Rs221 per day (about £2.20). It remains the same as the previous year – we know of many earning far less, and those 'retired' just have a nominal pension income plus anything they can earn as 100-day workers. If support is required for a family of 4 or more children, the poverty line needs to be re-drawn. However, the poorest members of society are the socially isolated HIV community, where daily income can be less than Rs200 (£2.00)

During the COVID lockdowns day workers were laid off, resulting in massive reductions to family income, and increased debt particularly caused by commitments to fund children's education via English medium schools. People with HIV are struggling for survival, having no support from their community, nor from employers.

A typical example of poor housing in the region

Relationship between The Friends of H.O.P.E and its partners

The relationship between FoH and the partnering agencies is governed by Memoranda of Understanding (MoU's) or Project Agreement (the governing documents). These documents define the parameters as to how the charities work together, with FoH providing funding, advisory and practical help with Indian agencies being the implementing partners. The MoU's allow for FoH to be provided with regular reports, and also stipulate that each NGO will be fully accountable to FoH for the way in which funding is used. Therefore, those who give money can be assured donations are used for the intended purpose and not wasted.

Aspirations for an Organic Region

Over the past 20 years we have been promoting an organic region for the Nilgiris, an area of 2,500 sq km. An organic road map which we sponsored was presented to the Collector some 3-4 years ago and this has since evolved into the launch by the State Government of The Tamil Nadu Organic Policy for the Nilgiris (March 2023) closely followed by an Agricultural Bill providing significant funding for organic transition (April 2023). We quote: "A special scheme to promote organic farming in the Nilgiris district will be implemented by the state government over a period of five years at an outlay of Rs 50 crore. Creation of awareness on organic farming, reducing the use of chemical fertilizers, introduction of organic cultivation practices, providing guidance on the production of vermicompost, panchagavya and dasagavya, extending cultivation assistance, registration for organic certification and creation of markets for organic produces will be carried out in the coming year at an outlay of Rs 5 crore," said Panneerselvam, Agriculture Minister.

The organic movement initiative was introduced by Vanya Orr nearly 20 years ago and this movement, undertaken with FoH funding via The Earth Trust, then NAWA and now GoHT, has been instrumental in spreading organic awareness but now, with this wonderful news, we also need to address the impact of climate change in our strategy, and provide more support for the small, marginal farmers and growers that make up the vast majority of agricultural enterprises.

Revisiting our strategy for Organic transition

The press announcement is really encouraging, and we are adjusting our planning accordingly. Organics and Biodynamics is a practical way of mitigating and tackling climate change impacts in the region. We have a wealth of information which now needs to be put onto a database. Discussions have led us to look at how best to improve the rate of organic conversion and we believe that a 'climate smart' micro-watershed approach, properly thought through, engaging with the villages, will be well suited to aspects of the government's support

strategy for farmers and growers. Initial conversations and meetings with organic farmer-growers suggest that in principle, 12 organic awareness centres (OAC's) on farmers' land in each of the different climatic zones of the Nilgiris could be established. Full data capture will initially be gathered from two selected micro- watersheds and sustainable nursery models created within each. This may be a simulated model to be proved in the field and which demonstrates soil health, multi and inter-cropping; a model which calculates cost, yield, and income. There are some 300 watersheds in the Nilgiris, of which 234 are described as micro-watersheds. Bench terracing is important to the watershed valleys and significantly is recognized by Organic producers as a means to prevent further soil erosion. We think it is important to maintain these terraced areas. Slope cultivation would be the unacceptable alternative as it is prone to loss of topsoil during the monsoon periods, an argument taken to the Collectorate and the Dept of Horticulture. Watershed 'management' provides the opportunity to look at restoration of natural habitats and the shola forest with other stakeholders such as the Forest Department and the Directorate of the SADP. We seek to engage with indigenous groups who, when all is said and done, are the natural custodians of the forest, and document and understand the ancient ways that should be reintroduced to manage the ecology of the Nilgiris biosphere.

Impact of climate change. Coping with natural conflict

The loss of natural habitats and forest for wildlife has meant that farmers cultivations are frequently destroyed by wildlife seeking water and food – in particular "bison" and elephants are seen frequently ruining crops. Livestock is threatened by tigers, leopards, panthers and the like. Aggressive weather patterns, drought and consolidated periods of monsoon, can be devasting for the smaller enterprise. Our climate smart resilient farming and horticulture strategy, recognises the need to restore natural habitats and the forest ecology and accordingly, our objectives have to be redefined.

Farmers from MelKowhatty village visit Thambatty for guidance.

The government's department of horticulture sent 30 farmers from Godalatty village to gain confidence in conversion to organic farming. They saw and learned about composting, slope management, multi-cropping, azolla cultivation, vermicompost etc.

Engaging watershed communities

Educating local communities about the impacts of climate change on micro watersheds and the importance of adopting sustainable land-use practices will be important. Awareness-raising campaigns can increase community involvement in sustainable land-use practices and promote a more climate-resilient micro watershed.

Finally, our partner in the Nilgiris, The Garden of HOPE Trust is preparing a detailed implementation plan outlining a series of goals and objectives compatible with the approach described above.

Our traditional health service programme (RTTMP)

The value of local health traditions to indigenous communities goes back in time over thousands of years. Our health programme focuses on tribal villages found on the Eastern slopes near Kothagiri town in the Nilgiris. The strategy defined by our team and local healers proposes key activities to sustain the project over the next 3-4 years and which are set within the broader FoH objective of drawing upon traditional knowledge to improve health for tribal communities, linking environmental concerns for the forest and the urgent need to restore soil health within agriculture and horticulture.

Our team of 13 tribal women (VHO's) together with a group of local traditional healers, resource the project. Six members of our VHO team were tested during the year about their knowledge are also now recognised as healers by virtue of Quality Care India certification.

The RTTMP programme looks at long term TRADITIONAL health sustainability for the people by the people. Local knowledge utilises the power of medicinal plants efficacy so is not reliant on local health providers or NGOs. Patients were treated for a variety of conditions ranging from common colds, coughs, fever, snake bite, ulcerated legs, midwifery, diabetes, anaemia and TB to post stroke therapies. Over 3600 patients were treated during the year, up 20%.

Capacity building is provided by FRLHT/TDU.

NAWA continues to provide a mobile outreach 'allopathic ambulance' but it only covers a few of the 64 participating villages.

Just after the year end we agreed and then signed (March 2023) a 5-year MoU with TDU as a research partner, and GoHT as the implementing partner via the RTTMP programme. This allows for the anaemia research project to be extended by a further 3-4 years, involve more families with a number of healers gaining insightful knowledge about iron deficiency anaemia and sickle cell. Provision for other research programmes as may be agreed, was also written into the agreement.

Anaemia awareness training provided by TDU

Vijaya, applying massage oil having diagnosed the cause of this child's stomach pain.

The RTTMP team meets each month to review progress and discuss cases. To help regularise data collection it was agreed that a mobile APP be developed. Most of the team have smart phones and Wi-Fi/WhatsApp connectivity is sometimes problematic. The team outlined the activity (strategy) they wished to strengthen over the next 3 years: -

- Improve the basic health service provided.
- Continue to document ancient traditional knowledge handed down through generations and thus safeguard for the future.
- Participate in the anaemia research programme by monitoring Hg levels, dietary outcomes and well-being.
- Increase health awareness. Vanya had a syllabus of educating village women in particular on the way the body functions and the importance of a good balanced diet.
- Develop traditional medicines and oils via Mullai self-help group. This involves an understanding of standards and licensing of product by, or on behalf of, Mullai.
- School programme – to introduce, or improve awareness of the value of, and how to identify, medicinal plants and their uses.
- to offer internships to university students and to those from tribal villages seeking to gain knowledge.
- Continue to prepare and distribute pandemic decoctions at village level.
- Work in a holistic manner to encourage villagers to establish kitchen nutritional gardens.

We met with PSG Hospitals and we agreed that discussions would take place later in 2023 with a view to reaching an MoU agreement. Subjects to be considered would include a referral system, critical care and integrating traditional health with their care offerings. PSG has an excellent reputation, and we can see many benefits of such a partnering including linking home care for the elderly, oncology etc.

Iron content of few traditional food items used in Nilgiris

Sl.No	TRADITIONAL VILLAGE FOOD	Common name	Iron (mg/100g)	Groups
1	Amla	Goosberry	1.25	FRUITS
2	Pomegrante	Pomegranate, maroon seeds	0.31	FRUITS
3	Fig Fruit	Fig	0.69	FRUITS
4	Guava	Guava, white flesh	0.32	FRUITS
5	Mint	Mint leaves	8.56	CONDIMENTS AND SPICES-FRESH
6	Sigappu Ponnanganni	Ponnaganni	3.88	GREEN LEAFY VEGETABLES
7	Drumstick Leaves	Drumstick leaves	4.56	GREEN LEAFY VEGETABLES
8	Curry Leaves	Curry leaves	8.67	CONDIMENTS AND SPICES-FRESH
9	Jack Fruit	Jack fruit, ripe	0.36	FRUITS
10	Sirukeerai (Amaranthus)	Amaranth leaves, green	4.64	GREEN LEAFY VEGETABLES
11	Beetroot	Beet root	0.76	ROOTS AND TUBERS
12	Jamun fruit	Black berry	0.63	FRUITS
13	Dates	Dates, dry, pale brown	3.2	FRUITS
14	Black Grapes	Grapes, seeded, round, black	0.22	FRUITS

On-going training for the RTTMP will be important

Healer, Veeran, proudly shows his QCI certificate and below

A selection of products made by the Mullai self-help group

Our HIV support and stigma programmes

We regularly support over 210 of the 483 people registered in the Nilgiris with HIV, a significant increase on the year before.

One to one counselling, group therapies, stigma reduction, nutrition, mental health, are all essential interventions. Sathiya, our programme manager, and his small team are building relationships and trust.

The table below lists the number of meetings (and attendance) of people who have participated in our stigma, HIV awareness programme. Our stigma programme is planned over 3 years – always there are new groups to meet and talk to. Whilst we believe the programme is working well, we still come across many instances of anguish caused by lack of awareness, lack of patient privacy and ignorance. The programme records that there has been -

63 meetings in hospital settings -	1725 participants
67 seminars conducted in schools and colleges	4034 participants.
65 tea factory or estate employer/employee visits	833 participants
52 community meetings	1477participants
46 sessions with 100-day worker groups	1391participants

Aged 23, Uma had been orphaned following the death of both parents which was attributable to HIV. (For many years she was not aware of her status – indeed her uncle was the only person who did know and thankfully he has been very supportive). On a home-counselling visit we encouraged her to attend our group therapy meetings where she received nutrition supplements and participated in group therapy. However, a few months later she found she was unusually tired and unable to eat. She went to the ART centre for treatment and was diagnosed as being severely jaundiced. The doctors there suggested that because of COVID Uma attend a private multidisciplinary facility in Coimbatore where she was admitted for one day only and where 'her liver was found to be fully damaged'. The following day she died. Uma's case is so similar to Shiveraj's case a few years earlier.

We do see improvements in understanding. Two or three years ago clients would have been more inclined to, or even attempted, suicide, such as 'C' an Irulla woman who ingested Gramoxone. C's case led us to establish a client 'traffic light at risk register' (red, amber, green), red being most vulnerable. Over the past year the number of reported suicide attempts has declined significantly. Our 'at risk register' is maintained on a daily basis and reflects this

But there are still issues within the family, an HIV positive daughter was told she could not live in the family home, and so a tarpaulin was erected outside the walls of the house as a lean-to...the tarpaulin leaks during monsoon conditions and needs replacing. The client's living conditions are awful with just 50 sq. ft of space. This particular client had an alcoholic husband who disclosed her status. She also lost her son during COVID and so she turned to the family - yet this is the way they treated her.

This evidences a continued need to tackle stigma within the home environment and demonstrates to us that stigma will always need to be addressed. The problem will never really go away, given the cultures of the region. Constant village visits will be necessary over the next 2 years when a final review will take place. People with HIV or affected by HIV will continue to face discrimination by mainstream society and are badly treated everywhere. There is a huge reluctance to talk about HIV, making our counselling forums essential. Most people affected, including children, acquired HIV without any knowledge and it is only when they are tested that they find out, often with calamitous consequences to family and community life. It was to address this need that our nutritional and psychological support programmes were also started.

We offer frequent counselling for individuals, families and communities to help them overcome concerns and issues they sense and meet in their day to day lives. This is done by constantly raising awareness. Gradually, we have seen knowledge levels improving, and numerous changes in attitudes and behaviour have been noted in visit reports and monitoring. The client also is noticing an improving situation.

People with HIV often suffer the impacts of stigma when visiting health care settings. Sathiya reports that training and meeting with health care staff over the past years has dramatically improved staff understanding of HIV, from paediatric care to ART delivery. The healthcare sector has its own challenges, frequent staff rotation, new staff and we are talking to the sector about regular induction of staff. We hope to see further improvement across this sector over the next twelve months.

In schools and colleges, we see significant discrimination and have reports on file of teachers refusing to let children continue in school

once their HV status is known, or indeed where HIV positive children are not allowed to socialise, necessitating a school transfer. We feel that a lot of effort needs to be put into this sector during the next twelve months, particularly as the young have the potential to be great peer educators, via technology and social media.

Above: *Sumithra talking to daily wage workplace and tea estate workers*

Below: Nutrition distribution and group therapy event in Ooty Feb 2023. 116 Beneficiaries received nutrition supplements on that occasion.

Meetings led by Sathiya create a safe environment in which to share problems, struggles and provide enlightenment and motivation to live meaningfully - different problem-solving strategies are discussed. Individual as well as group counselling sessions, are available.

We want to restart regular distribution of much needed nutritional supplements and organic vegetables which we had to stop because of lockdown restrictions and the logistics of delivering both supplements and produce to each centre. We manage our unrestricted funding to provide nutrition supplements marking auspicious occasions, such as Divali.

Everyone asks when the monthly nutrition and group therapy meetings will restart. They recognise the enormous benefits, both physical and mental, this service gives. By charting each client before and after nutrition we can see a huge improvement in CD04 levels.

In summary over the last 12 months, and separately from the stigma programme, above

- 1564 individuals receive counselling.
- 844 families were counselled.
- Support was available 24/7 for anyone who needed help.
- When funds were available to provide nutrition support, approximately 116 beneficiaries on average received supplements and vegetables on each occasion, free of charge.

Eco-Clubs

The aim of the Eco club is to develop a green consciousness and social responsibility. Through Eco Clubs we promote recycling, composting, organic gardening, evidencing the importance of the natural environment – the forest and plants found in the forest, particularly medicinal plants found around the villages in the Nilgiris region.

We had to cancel much activity during COVID as the schools closed for significant periods of time and practically, we hope to commence coincidentally with new academic year in June 2023. However, recently the RTTMP team began engaging in 16 school programmes which introduce the value of, and identification of, the medicinal plants found in the forest near each school. The students will also gain basic health knowledge as we seek to protect traditional knowledge at village level. A further short list of schools wanting to join the eco club network of schools and colleges has been drawn up following conversations with head teachers. We plan to help the schools establish organic gardens growing vegetables, culinary and medicinal herbs, and where space permits, encourage the creation of a botanical garden and tree planting.

Our climate smart resilient farming strategy encompasses environmental protection, and the tribal schools are to be approached to help with research and documenting traditional conservation of the forest around them.

Below, students at Pudur and Garikiyur schools

PhD: <u>exploring</u> self-reliance in primary healthcare among families and communities using traditional medicine.

We are looking forward to the publication next year of this valuable research programme.

Our Education Fund

FoH together with The Nilgiris Adivasi Trust (NAT) support young people from tribal community and/or backward class family backgrounds.

Students currently attending the Victoria Armstrong School in Kothagiri, the Tribal school (VBVT) and drop-out school in Gudalor, and the NWTWS school hostel all receive grants from NAT. Based on information provided by NAWA's director of education bursaries were provided by NAT to students from tribal communities progressing to higher secondary and college education.

The trustees of NAT have decided to wind up their charity but FoH hope to find a way to continue the support which they lent to the above.

The FoH fund provided support to Emima during 2022, and this continues. For her final practical year at the Atreya Ayurveda College in Bangalore, Emima is studying for her Bachelor of Ayurvedic Medical Sciences degree (BAMS) over 5 years.

Fundraising events

No fundraising events were held during the year but overall, our income recovered, but is not yet back to pre-COVID levels.

Financial review

The FoH accounts are available separately and upon request. They are also found via our web site or on the Charity Commission's web site. Income during the year increased significantly. Income in the year received and committed amounted to £52,612, *(previous year £29,780)*. The Trustees' policy is that all funds (except for nominal administrative costs) should be sent to India, and particularly at times when we can take advantage of preferential exchange rates. In this *way we* can optimize our funding to the project. Total funds expended on projects during the year amounted to £61,520 (previous year £24,560).

Local UK administrative costs amounted to just £1,785 (£1,185) as detailed in the annual accounts. Grants and donations over £700 were received from the following organizations and individuals: - The Rowney Trust; The Onaway Trust; The Bryan Guinness Charitable Trust; The Souter Charitable Trust; St Clare and St Francis Trust; The Paget Trust; Mercury Phoenix Trust; CB and HH Taylor 1984 Charitable Trust; Nilgiris Adivasi Trust. A grant of £1,000 was received from unidentified sources.

We are also grateful to other charities and individuals who have contributed to our income by way of grants, donations, responses to appeals and gift aid. Your support is so very much appreciated. We are also grateful to British Airways for baggage waiver and their past support.

Photo Gallery

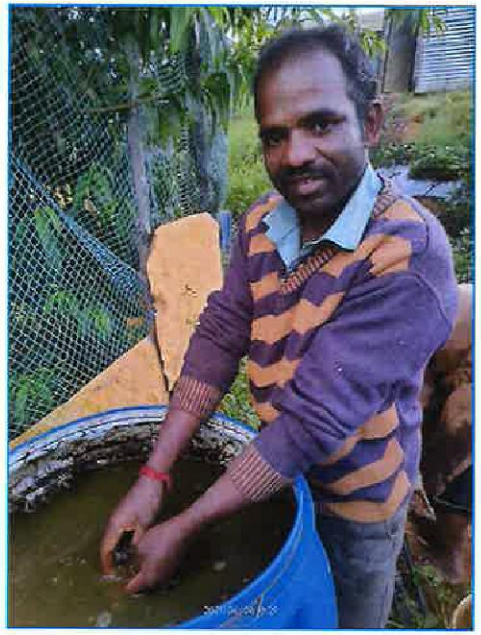
Lakhsmi being testing during Quality Care India certification programme. Lakhsmi was one of six of our VHO's who received certification and recognition as an approved Healer.

Tribal healers from Gudalor taluk receiving their certificates, each healer received Rs50,000 on passing the test programme.

Before lockdown: The Collector visiting the GoHT stand at an Organic conference in Ooty.

Kesalada school medicinal plantand botanical garden

Below: a farm worker learning how to prepare Jeevamritham



Above and below: HIV stigma 'workplace' awareness meetings

THE FRIENDS OF H.O.P.E.
(Company limited by guarantee and not having a share capital)

DIRECTORS' REPORT FOR THE YEAR ENDED 31 OCTOBER 2022

The directors, who are also trustees of the charity, present their report and the accounts for the year ended 31 October 2022.

The governing document of the charity is the Memorandum and Articles of Association incorporated on 9 October 1998. The Friends of H.O.P.E. is a company limited by guarantee. The liability of the members is limited by their guarantee. In the event of the company being wound up during the period of their membership (or within a year following), members undertake to contribute such amounts as may be required, up to a maximum of £10.

The annual general meeting deals with the appointment of trustees and other matters such as approval of the report and accounts and the appointment of auditors.

The objectives of the charity are:

a) the relief of poverty and sickness and to advance education among the inhabitants of the Nilgiri region of India; and
b) the encouragement and promotion of the protection and preservation of the environment in the Nilgiri region of India.

RESERVES POLICY AND RISK MANAGEMENT

It is the objective of the directors to hold whenever possible approximately six month's expenditure in reserves, but it is also our policy to take advantage of a good exchange rate whenever possible. We therefore monitor the combined reserves of our NGO partners and The Friends of H.O.P.E on a monthly basis to preserve a sound reserves policy.

The risks to which the charity is exposed are frequently reviewed and procedures have been established to manage those risks.

DIRECTORS / TRUSTEES

Dr Nicholas Grey
Prof Sheila Hillier
Michael Moore
Dr Mahesh Mathpati
Rosaleen Mulji
David Pople

DIRECTORS' REPORT FOR THE YEAR ENDED 31 OCTOBER 2022 (CONTINUED)

DIRECTORS' RESPONSIBILITIES

The directors are responsible for preparing the Directors' Report and the accounts in accordance with applicable law and regulations.

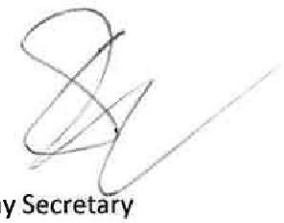
Company law requires the directors to prepare accounts for each financial period which give a true and fair view of the state of affairs of the company at the end of the period and of its income or expenditure for the period. In preparing those accounts, the directors are required to:-

- select suitable accounting policies and then apply them consistently;
- make judgements and estimates that are reasonable and prudent;
- state whether applicable accounting standards have been followed, subject to any material departures disclosed and explained in the accounts;
- prepare the accounts on the going concern basis unless it is inappropriate to presume that the company will continue in operation.

The directors are responsible for keeping proper accounting records which disclose with reasonable accuracy at any time the financial position of the company and to enable them to ensure that the accounts comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

This report has been prepared in accordance with the small companies regime under section 419(2) of the Companies Act 2006, and in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Statement of Recommended Practice: applicable to charities preparing their accounts in accordance with FRS 102.

By order of the board on 14 July 2023
and signed on its behalf by



D Pople
Company Secretary

INDEPENDENT EXAMINERS' REPORT
TO THE TRUSTEES OF THE FRIENDS OF H.O.P.E

I report to the charity trustees on my examination of the accounts of the company for the year ended 31 October 2022, which are set out on pages 20 to 25.

RESPONSIBILITIES AND BASIS OF REPORT

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

Having satisfied myself that the accounts of the charitable company 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 your charitable company's accounts as carried out under section 145 of the Charities Act 2011 (the '2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act.

INDEPENDENT EXAMINER'S REPORT

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:

1) accounting records were not kept in respect of the charitable company as required by section 386 of the 2006 Act; or
2) the accounts do not accord with those accounting records; or
3) the accounts 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 accounts 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 accounts to be reached.

5 July 2023

CJ GOODHEAD FCA
KNIGHT GOODHEAD LIMITED
Chartered Accountants
7 Bournemouth Road
Chandler's Ford
Eastleigh
Hampshire SO53 3DA

THE FRIENDS OF H.O.P.E.
(Company limited by guarantee and not having a share capital)

STATEMENT OF FINANCIAL ACTIVITIES FOR THE YEAR ENDED 31 OCTOBER 2022
(Including Income and Expenditure Account)

	Notes	Unrestricted funds £	Restricted funds £	Total funds 2022 £	Total funds 2021 £
Income					
Donations and legacies	3	22,123	30,489	52,612	29,780
TOTAL INCOME		**22,123**	**30,489**	**52,612**	**29,780**
Expenditure					
Charitable activities					
H.O.P.E. projects	4	21,342	41,963	63,305	25,745
TOTAL EXPENDITURE	5	**21,342**	**41,963**	**63,305**	**25,745**
Net income / (expenditure) for the year		781	(11,474)	(10,693)	4,034
FUNDS AT 31 OCTOBER 2021	8, 9	4,137	12,662	16,799	12,765
FUNDS AT 31 OCTOBER 2022		**4,918**	**1,188**	**6,106**	**16,799**

The Statement of Financial Activities includes all gains and losses recognised in the year.
All income and expenditure derive from continuing activities.

THE FRIENDS OF H.O.P.E.
(Company limited by guarantee and not having a share capital)

COMPARATIVE STATEMENT OF FINANCIAL ACTIVITIES FOR THE YEAR ENDED 31 OCTOBER 2021
(Including Income and Expenditure Account)

	Unrestricted funds £	Restricted funds £	Total funds 2021 £
Income			
Donations and legacies	17,091	12,689	29,780
TOTAL INCOME	**17,091**	**12,689**	**29,780**
Expenditure			
Charitable activities			
H.O.P.E. projects	18,706	7,039	25,745
TOTAL EXPENDITURE	**18,706**	**7,039**	**25,745**
Net (expenditure) / income for the year	(1,615)	5,650	4,034
FUNDS AT 31 OCTOBER 2020	5,752	7,013	12,765
FUNDS AT 31 OCTOBER 2021	**4,137**	**12,663**	**16,799**

The Statement of Financial Activities includes all gains and losses recognised in the year.
All income and expenditure derive from continuing activities.

THE FRIENDS OF H.O.P.E. **(COMPANY NUMBER 3647389)**

(Company limited by guarantee and not having a share capital)

BALANCE SHEET AT 31 OCTOBER 2022

	Notes	2022	2021
		£	£
CURRENT ASSETS			
Debtors	6	1,227	508
Cash at bank and in hand		5,516	17,307
		6,743	17,815
CREDITORS: amounts falling due within one year	7	(637)	(1,016)
NET CURRENT ASSETS		6,106	16,799
NET ASSETS		**6,106**	**16,799**
FUNDS			
General Fund	8	4,918	4,137
Restricted Fund	9	1,188	12,662
	10	**6,106**	**16,799**

For the financial year ended 31 October 2022, the company was entitled to exemption from audit under section 477 Companies Act 2006. No member of the company has deposited a notice, pursuant to section 476, requiring an audit of these accounts.

The directors acknowledge their responsibilities for ensuring that the company keeps accounting records, which comply with section 386, and for preparing accounts, 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 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 accounts, so far as applicable to the company.

These accounts have been prepared in accordance with the provisions applicable to companies subject to the small companies regime within Part 15 of the Companies Act 2006.

Approved by the board of directors on 14th July 2023
and signed on its behalf by

M Moore

M Moore
Director

THE FRIENDS OF H.O.P.E.
(Company limited by guarantee and not having a share capital)

NOTES TO THE ACCOUNTS FOR THE YEAR ENDED 31 OCTOBER 2022

1 ACCOUNTING POLICIES

Accounting convention

The accounts have been prepared under the historical cost convention, in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Statement of Recommended Practice: applicable to charities preparing their accounts in accordance with FRS 102.

The charity meets the definition of a public benefit entity under FRS 102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy note.

The accounts have been prepared on the going concern basis. There are no material uncertainties about the charity's ability to continue.

Income

Income is recognised when received, together with any associated tax refund, except for income given for specific purposes where it is matched against the related expenditure.

Expenditure

Expenditure is recognised in the period to which it relates and is allocated to the appropriate cost heading. No material items of expenditure require apportionment across more than one category. Support costs are allocated between funds based on the corresponding income split in the period.

Fund accounting

- Unrestricted funds are available for use at the discretion of the trustees in furtherance of the general objectives of the charity.
- Designated funds are unrestricted funds earmarked by the trustees for specific purposes.
- Restricted funds are subjected to restrictions on their expenditure imposed by the donor.

2 LEGAL STATUS

The charitable company was incorporated on 9 October 1998 in England and Wales and was registered on 25 October 2000 with the Charity Commission in England and Wales. The registered number is 03647389 and the charity number is 1083028. The charity is a public benefit entity.

The registered office of the charity is 7 Bournemouth Road, Chandler's Ford, Eastleigh, Hampshire, SO53 3DA.

NOTES TO THE ACCOUNTS FOR THE YEAR ENDED 31 OCTOBER 2022 (continued)

3 TOTAL INCOME

	Unrestricted funds £	Restricted funds £	Total funds 2022 £	Total funds 2021 £
Grants	20,000	30,489	50,489	27,529
Donations	1,656	-	1,656	1,743
Gift aid reclaimed	467	-	467	508
Other income	-	-	-	-
	22,123	30,489	52,612	29,780

4 HOPE PROJECTS

	Unrestricted funds £	Restricted funds £	Total funds 2022 £	Total funds 2021 £
Grant funded activities	18,876	38,565	57,441	24,560
Fundraising	1,716	2,364	4,080	60
Support costs	485	669	1,154	573
Accountancy and independent examination	265	365	630	553
	21,342	41,963	63,305	25,745

5 TOTAL EXPENDITURE

No director received any remuneration during this or the previous year. During the year reimbursed expenses relating to project costs of £801 (2021: £157) were paid to one trustee.

6 DEBTORS

	2022 £	2021 £
Gift aid recoverable	467	508
Prepayments	760	-
	1,227	508

7 CREDITORS: amounts falling due within one year

	2022 £	2021 £
Trade Creditors	84	1,016
Accruals	553	-
	637	1,016

NOTES TO THE ACCOUNTS FOR THE YEAR ENDED 31 OCTOBER 2022 (continued)

8 UNRESTRICTED FUNDS

	Funds brought forward £	Income £	Expenditure £	Funds carried forward £
General funds	4,137	22,123	(21,342)	4,918

9 RESTRICTED FUNDS

	Funds brought forward £	Income £	Expenditure £	Funds carried forward £
Education fund	39	14,489	(14,528)	-
RTTMP fund	2,400	-	(2,400)	-
HIV/Health	357	6,000	(6,357)	-
Farming and sustainable villages	9,866	10,000	(18,678)	1,188
	12,662	30,489	(41,963)	1,188

Education fund: The Nilgiris Adivasi Trust (NAT) and Friends of HOPE contribute to tribal school running costs and bursary support for students attending higher secondary schools.

RTTMP fund: The Rejuvenation of Traditional Tribal Medicinal Practices fund supports traditional health projects and is encouraging the setting up of a self help health service in 60 villages.

HIV/Health fund: The funding for people living with HIV covers screening for both HIV and TB, counselling, vocational support and nutritional supplements.

Farming and sustainable villages: Encourages farmers to convert to organic farming practices and to restore goodness to the soil, thus helping to protect the natural environment.

10 ANALYSIS OF NET ASSETS BETWEEN FUNDS

	Unrestricted funds £	Restricted funds £	Total funds £
As at 31 October 2022			
Debtors	1,227	-	1,227
Bank and cash	4,328	1,188	5,516
Creditors	(637)	-	(637)
	4,918	1,188	6,106
As at 31 October 2021			
Debtors	508	-	508
Bank and cash	4,644	12,663	17,307
Creditors	(1,016)	-	(1,016)
	4,137	12,663	16,799

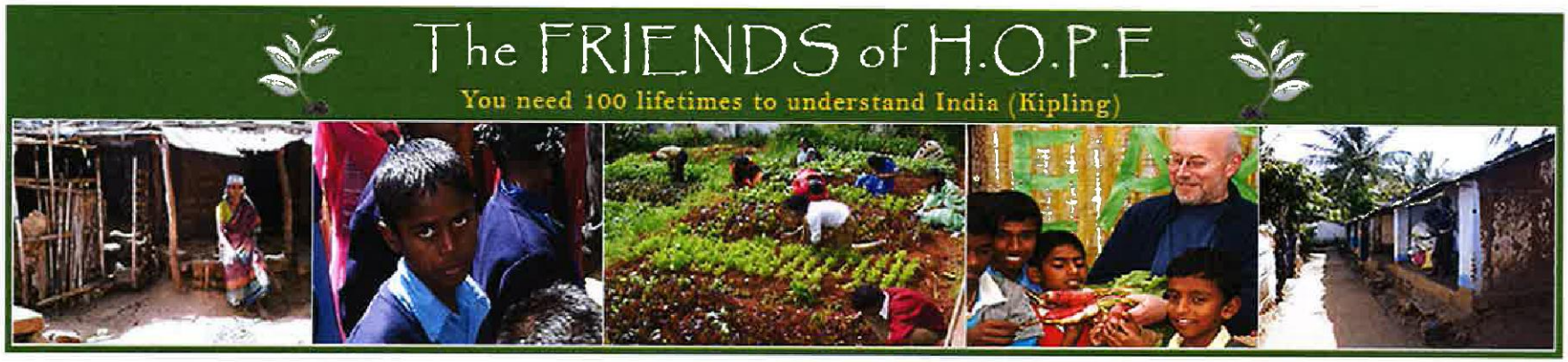
THE FRIENDS OF HOPE

England & Wales - Charity number 1083028

Accounts

THE FRIENDS OF H.O.P.E.
(COMPANY NUMBER 3647389)

REPORTS AND UNAUDITED ACCOUNTS
FOR THE YEAR ENDED 31 OCTOBER 2021



Annual Report 2021

The Nilgiri Hills of Tamil Nadu rise to 8,000 feet above sea level and are stunningly beautiful, with abundant wildlife, dramatic waterfalls and mountainside covered with shola forest.

Geographically The Nilgiris with the neighbouring Wayanad district are situated between Karnataka to the north and Kerala to the west. The territory is extraordinarily diverse, as indeed is the climate. All over the Nilgiris swathes of forest and ancient grasslands have been destroyed and the landscape is populated by degraded and polluted watersheds and farms. Soil erosion is very noticeable, but yet there is a wealth of biological diversity corresponding to altitudes and geology. The communities living in the area are as diverse as the territory. Indigenous tribal communities survive alongside newcomers including refugees from Sri Lanka. Gudalur at the foot of the hills to the West has a large Muslim population as well as being a centre for the extensive Paniya community who until quite recently survived as bonded labourers.

This is the area, and these are the kinds of people upon which Friends of H.O.P.E focusses, we see the Earth and People as belonging together, encouraging communities to look after their land and use it well is at the very heart of our work.

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The Friends of H.O.P.E
Charity directory

REGISTERED COMPANY NUMBER 3647389
(incorporated: 9 October 1998)

REGISTERED CHARITY NUMBER 1083028
(registered: 25 October 2000)

COMPANY SECRETARY
David Pople

LIFE PRESIDENT: Vanya Orr

TRUSTEE DIRECTORS
Nicholas Grey, Michael Moore, David Pople, Dr Mahesh Mathpati, Mrs. Rosaleen Mulji, Prof Sheila Hillier

WEBSITE: www.friendsofhope.org.uk

CONTACT
Tel: 07879 897731
Email: contact@friendsofhope.org.uk or dpople123@btinternet.com

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Chandler's Ford
Eastleigh
HANTS
SO53 3DA

ACCOUNTANTS
Knight Goodhead
7 Bournemouth Road
Chandler's Ford
Eastleigh
HANTS
SO53 3DA

BANKERS
Barclays Bank PLC
Eastleigh Branch
PO Box 2
Southampton
HANTS
SO14 2SB

Executive summary

The last 12 months, just like the previous year, has been significantly disrupted by COVID with almost continuous lockdown or restrictions but no matter what COVID threw at us in India we managed to work in a very cost-efficient way, managing the significant decline in overall income.

Our traditional health project (RTTMP) was able to offer a regular health service in 28/60 villages (that is, villages within walking distances for our health team, and the healers supporting them). COVID disruption meant that the research programme with TDU, Bangalore involving 500 selected families with severe anaemia couldn't be inaugurated until September.

COVID also meant that our small HIV team of 3 staff have been unable to host regular group therapy sessions, and distribution of nutrition supplements and organic vegetables to the HIV community has been spasmodic. But counselling and the programme tackling the stigma of HIV has shown what can be achieved in difficult circumstances (summary available if interested). Up to 443 people affected by HIV are supported. The school eco club re-launch is still on hold despite school children returning to class at the beginning of this year.

In the Nilgiris there are 72,900 smallholdings , all under 2.5 acres and 65,000 of those holdings are under 1 acre. The small marginal farmer/grower therefore has to be the focus of our plans for the coming year.

Horticulture/farming has been severely affected by COVID lockdowns and restrictions. Horticultural holdings and tea estates, the principal employers in the region, faced disaster as they had no one to help on the land. Our programme manager had special dispensation to 'tend the cow' but could not maintain the standards that a model farm demands. Only a handful of group training sessions have been held at the Thambatty nursery, limited monthly online technical support has continued with the co-operation of the government's Horticultural Department and in this way over 1000 farmers have been helped and guided. Climate change over the last 10 years has brought about more extremes of weather (e.g., Cyclones regularly cause landslides and loss of life... In 2009 over 70com of rain fell in the Ketty valley over a 24-hour period, resulting in over 70 people in the valley alone, losing their life).

Progress regarding an organic Nilgiris has continued but slowed. If you remember from our previous reports an organic road map has been agreed and is now being developed into organic policy for the region. The administration for this is down to the Collector's team and the horticultural department.

Whereas in 2020 we recorded a high level of income compared to previous years this past year, 2021, saw a significant fall. This was anticipated, albeit unsettling, but manageable. Like many organisations we have had to take a hard look at the staffing levels of our programmes in India. One sector in particular, farming, has been severely impacted (see page 6), providing a conundrum for the Trustees as all of our core programmes are essential to the well-being and future livelihoods of the indigenous and Dalit communities. Despite these difficulties we feel we must maintain adequate support and took the decision to try and lift our fundraising capacity. Right across the board the demand for our help is huge and we don't want to let people down. Significantly COVID has emphasized the need to improve nutrition for the poor.

We are the only NGO supporting the Organic movement in a meaningful way and the only NGO to have the ear of the Dept. of Horticulture and the Collector who have embraced and adopted the Organic framework. Thus, we have a real opportunity here to ensure the region becomes totally organic in the farming sense, to improve carbon enrichment, to prevent soil erosion and land degradation and to restore the natural grasslands and shola forest of the Hill area. Organics/biodynamics has a direct influence on improving the natural environment.

The Friends of H.O.P.E (FoH) has inspired many villages and rural communities of the Nilgiris to apply traditional self-help practical and sustainable knowledge that embraces traditional local foods, traditional health, medicinal plants and their uses, organic and biodynamic methods of agriculture, animal husbandry, water conservation and environmental protection. Over the last 22 years we have led the organic movement in the Nilgiris with our support for biodynamic organic farming culminating in the development of an organic road map which has been adopted by the local department of horticulture and the Collector. We have also supported the HIV community for 20 years.

FoH was formed in 1998 to support Vanya Orr's holistic vision for sustainable communities, our 'economics of permanence' in restoring and protecting local traditions and cultures. The charity provides financial support, strategic guidance and practical advice where needed to our implementing partner agencies. All of our Trustees have Indian connections and experience in dealing with both tribal and non-tribal communities. - Mrs Rosaleen Mulji, David Pople and Prof Sheila Hillier are also trustees of The Nilgiris Adivasi Trust (NAT). Nicholas Grey (with his wife Mary) were the founder trustees of Wells for India which works in Rajasthan, Dr Mahesh Mathpati is a well-known and highly respected Ayurvedic doctor, and Michael Moore lived and worked in India for some years. All money raised by FoH, except for a very small amount needed to cover its administrative expenses, is remitted to the partnering NGO's. **The Trustees of FoH give their time and services entirely on a voluntary basis.**

Many NGO's in India have had their FCRA licences revoked or renewal declined. The Garden of HOPE Trust received its Prior Permission confirmation at the beginning of October and have put in place the new banking requirement whereby all funds are to be routed vis State Bank of India (SBI), New Delhi main branch. Our other partners in India have all instigated and received approved SBI banking arrangements.

Poverty in the region

Poverty amongst Tribal communities is commonplace. These indigenous peoples rely on agriculture and the forest for their livelihoods, and farming is in crisis. Statistically in rural areas such as the Nilgiris over 31% of the scheduled castes and about 20% of the backward classes come into the poverty category (source: socialjustice.nic.in). The rural poor in the Nilgiris include an indigenous tribal population of almost 28,000 – Irullas, Kotas, Todas, Paniyas and Kurumbas being the principal groups. The agriculturalist Badagas numbering 175,000 are also often referred to as indigenous peoples. The base poverty line in India is assessed at Rs221 per day (about £2.20). If support is required for a family of 4 or more children, the poverty line needs to be re-drawn. However, the poorest members of society are the socially isolated HIV community, where daily income can be less than Rs200 (£2.00)

During the COVID lockdowns day workers have been laid off, resulting in massive reductions to family income. Those not in possession of food ration cards will be a focus of our attention during 2022. People with HIV are struggling for survival, having no support from their community, nor from employers.

A typical example of poor housing in the region

Relationship between The Friends of H.O.P.E and its partners

The relationship between FoH and the partnering agencies is governed by Memoranda of Understanding (MoU's) or Project Agreement (the governing documents). These documents define the parameters as to how the charities work together, with FoH providing funding, advisory and practical help with Indian agencies being the implementing partners. The MoU's allow for FoH to be provided with regular reports, and also stipulate that each NGO will be fully

accountable to FoH for the way in which funding is used. Therefore, those who give money can be assured donations are used for the intended purpose and not wasted.

COVID Impact on farming

Supply chains were severely disrupted during COVID, more than 72,000 small farmers in the district are facing severe difficulties – for the second year running crops have been ploughed back in. Monsoon rains have become unseasonably heavy and prolonged. Climate change emphasises the need to protect biomass and rebuild soil organically. This, in addition to the ongoing damage caused by bison, is a catastrophic situation for any farmer. The shift to organics is of huge importance to the Nilgiris biosphere. GoHT follows the biodynamic calendar which guides growers when to sow seeds according to the position of the moon. By restoring goodness to the land moisture is retained for much longer, vital in drought situations.

We need to support farming as it affects so many livelihoods, being the predominant industry. Costs such as seed prices have rocketed exponentially.

During COVID and as a consequence of severe lockdowns daily labourers could not get to work. They had no pay. Family enterprises were left struggling. Prior to COVID the those on a daily wage could expect between Rs150-500, and so without that income continuity poverty increased. Financial concerns are partly blamed for an increase of about 43% in domestic abuse. The HIV community with their weakened immune system became particularly vulnerable.

Over the past 12 months Sivakumar managed to keep the Thambatty nursery going.

At the beginning of the lockdown some produce was given to HIV clients, with only a fraction sold at a central market at vastly reduced prices. The pandemic means we need to take a fresh look at how the benefits of having model farm can be managed and several ideas are being considered as we write this report.

Farmers from MelKowhatty village visit Thambatty for guidance

The governments department of horticulture sent 30 farmers from Godalatty village to gain confidence in conversion to organic farming. They saw and learned about a compost, slope management, multicrops, azolla cultivation, vermicompost etc.

Opportunities

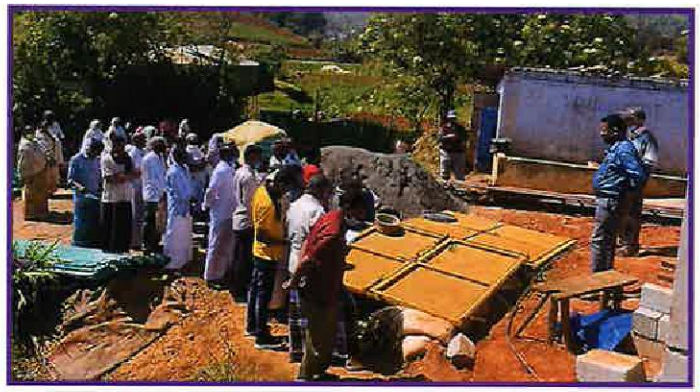
Despite COVID barriers we were able to provide online guidance to farmers and at every opportunity GoHT decided to participate in many of the government hosted organic awareness programmes, such as the Agricultural Technology Management Scheme. We also were nominated to provide practical training to 20 members of each farmer interest group attached to each locally established Farmer Producer Companies in nearby blocs and villages.

We were invited to submit ideas for a pre-budget plan to the relevant government committee for organic agriculture in Tamil Nadu. This is, to our knowledge, the first time a state government is preparing a separate budget for organic cultivation and where we can influence final drafting via ZOOM meetings which are scheduled in 2022.

The previous Collector (Ms Innocent Divya) has been replaced by SP Amrith, who is equally keen to see the Nilgiris being declared an organic district. Hw confirmed that the Nilgiris District was leading the organic movement in Tamil Nadu and stated his vision that the Nilgiris should be the best district at national level. This was echoed by Sivakumar meeting the President of India and the Chief Minister

World Soil Day was celebrated in December by invited Organic groups and hosted by the new collector and Dept. of Horticulture. The theme was boosting soil productivity and raising awareness of the importance of maintaining a healthy ecosystem for well-being. GoHT presented to a group of selected organic farmers from throughout the district. This was quite a high-profile event and provided a good opportunity to brief the audience on how excess fertilizer and pesticide affects both quality and productivity whereas organic/biodynamics plays a much more important role in rejuvenating the soil and improving soil productivity. We also exhibit at various shows and conventions whenever possible as this is a good way to showcase the quality of organic produce.

Panchagiya preparation for farmers and staff



50 farmers from 3 villages at Thambatty, receiving training and guidance on soil preparation, seed treatment and sowing, slope management, inter-cropping, water management, companion crops and composting

We have been actively promoting organics for 22 years and to have an agreed 5year road map adopted by the Dept of Horticulture and embraced by the Collector is a tremendous achievement. A draft policy for submission to state government is at a critical stage, and the amount of work over the next 3 years will be enormous.

The Garden of HOPE Trust urgently needs more staff as we recover from the effects of COVID.

Despite COVID we have

- Obtained support from The President of India and Chief Minister of Tamil Nadu in the promotion of organics.
- Provided specialist guidance to government in the drafting of an organic budget for the Nilgiris.
- Established a good rapport with the new Collector, SP Amrith.
- Supported c1000 farmers via on-line technical advice and support over the year
- Provided guidance and training support to farmer interest groups, on average, when lockdown restrictions did not apply, some 5 groups per month visited Thambatty.
- Maintained the model nursery, hosting visits and training for various interest groups including Tamil Nādu Agricultural University, PhD students studying soil contaminants compared to organics.
- Held demonstrations for Panchagaviya, Vermi-compost, and other techniques to manage pest and disease without chemicals.
- We have successfully grown 45 varieties of vegetables, fruits and herbs on Thambatty's 1.2 acres of land as was shown to Tamil Nadu Agricultural University's director of business strategy.

Covid Impact on the traditional health service programme (RTTMP)

The RTTMP remained 'open for business' during COVID. A fourth wave is being forecast from June 2022. As we mentioned in our executive summary the VHO's have been able to maintain a good level of help to 28 villages, and recently (by March 2022) this had been upped to 49 villages – remember, the project area covers 60 villages and a population of some 7300 people.

These villages were identified as being particularly in need of health cover. The RTTMP programme looks at long term TRADITIONAL health sustainability for the people by the people. Local knowledge utilises the power of medicinal plants efficacy so is not reliant on local health providers or NGOs. As at the end of last year the VHOs were still attending 3000 cases, ranging from common colds, coughs and colds, fever, snake bite, ulcerated legs, midwifery, diabetes, anaemia and TB to post stroke therapies. At the time of preparing this report treatments are continuing at this level. It is hoped that when the effect of the pandemic is over the health programme can again be extended to the projects 60 villages.

Kalliammal preparing knee pain oil at Garikyur village. Kalliammal represents Tamil Nadu on the Tribal Healers All India Council, a tribute to her knowledge and skill as a healer.

Vijaya, applying massage oil having diagnosed the cause of this child's stomach pain

Capacity building is provided by FRLHT/TDU. NAWA continues to provide a mobile outreach 'allopathic ambulance' which covers a few of the 60 participating villages.

In February 2019 the VHOs took on the challenge of treating a sample 160 severely anaemic patients with traditional local Indian health treatments (Siddha and Ayurveda) using medicinal plants found in the forest around their community area. This programme is now part of a formal research programme at TDU in Bangalore (part of FRLHT) **covering 500 anaemia patient families.** COVID meant that the research aspect of the programme could not be formally inaugurated until September, but TDU did arrange on-line awareness, facilitated by NAWA and attended by the VHOs and selected healers. It is now hoped that field visits will take place by Spring 2022 and data capture begun.

Subject to funding FoH will pay the continued stipend and salaries and basic costs such as the newsletter, lab technician time for processing bloods, and health awareness village meetings. The monthly newsletter will be distributed to every household in the project area.

On-going training for the RTTMP will be important and if we can secure funding, we should provide for this capacity building by the TDU team. The integrity of the RTTMP team will be boosted by certification under Quality Care India (QCI) – 15 VHOs and up to 100 healers @Rs12,300/per person for testing and certification.

We have provided a grant to TDU of Rs246,000 to cover the cost of certifying the first 20 people - our VHOs and a few selected healers - who have been actively involved in the RTTMP and who have allowed their knowledge to be documented. COVID meant that testing and training towards certification would not be held until February 2022 but since then over 100 healers including most of our VHO's are now certified by Quality Care India. Those VHO's who did not pass will be supported through re-testing during the coming year. The success of this scheme suggests we are on the right track towards achieving sustainability.

Healer, Veeran, proudly shows his QCI certificate

During the pandemic the VHOs focused on public health, personal hygiene and regular cleaning of the home. In 2022, subject to funding, we hope to increase the number of VHOs to maintain adequate coverage and meet demand. Hygiene in remote areas and particularly for people in poverty is always an issue. Plants and roots having antiseptic and cleansing properties are found in the project area and their uses are being promoted.

There has been a complete lack of protective equipment but our VHOs are showing village women how to make masks from clean Dhoti cloth. Various

decoctions based on Siddha/Ayurvedic traditions are recommended by Indian Health and these are made using locally sourced ingredients. Cleaning the home is done using a mixture of turmeric and neem. Immune boosters promoted include turmeric and seasonal wild greens, amla and jack fruit.

People trust the decoctions given and feel they work.

Products made by the VHOs

Incentives are provided by local government, through the Collectorate office, to form self help groups. We feel this should be done in a controlled way so that the herbal medicines and oils can be quality assured. We have commenced discussions with TDU to see how this can be done in practical terms and have scoped a business plan which may assist in the process.

In summary

- Despite COVID, the RTTMP team has covered 49 out of the original 60 in the project
- Nutrition gardens established in 27 villages
- Monitoring of anaemia across 32 villages
- Basic health awareness presentations to 47 villages as the RTTMP team sought to empower more women
- Iron deficiency awareness presentations held in a further 26 villages
- Demonstrations took place in 28 villages to show women how simple traditional medicines and oils could be made
- COVID immunity Kasayam decoctions distributed by the VHO's in 42 villages.

The Ilamagizh (Mullai) self-help producer group

One of our VHOs is Vijaya and she is responsible for looking after 7 villages. Now a well-known traditional healing practitioner she is locally accepted as "our village doctor". Vijaya is supported by other respected healers. Her typical week includes the preparation of traditional medicines, treating patients, midwifery, providing massage therapies, prescribing food habits, and guiding village women in growing traditional herbal plants.

Vijaya picking herbs

COVID Impact on HIV

We currently regularly support over 110 of the 483 people registered in the Nilgiris with HIV.

One to one counselling, group therapies, stigma reduction, nutrition, the need to assist children affected by HIV are all essential interventions.

Initially as a result of the first lockdown, HIV positives were unable to access ART Centres for their medication. Were it not for the special travel dispensation that Sathiya obtained many would have gone without. You can imagine the panic felt by many and such anxiety remained throughout last year, and his mobile became a hotline.

Evidence suggests that accessing medical care throughout the pandemic was equally difficult. Hospital beds remained full. This, along with stigma in hospital settings was again illustrated by the deeply sad case of Uma and others.

Aged 23, Uma had been orphaned following the death of both parents which was attributable to HIV. (For many years she was not aware of her status – indeed her uncle was the only person who did know and thankfully he has been very supportive). On a home-counselling visit we encouraged her to attend our group therapy meetings where she received nutrition supplements and participated in group therapy. However, a few months later she found she was unusually tired and unable to eat. She went to the ART centre for treatment and was diagnosed as being severely jaundiced. The doctors there suggested that because of COVID Uma attend a private multidisciplinary facility in Coimbatore where she was admitted for one day only and where 'her liver was found to be fully damaged'. The following day she died.

People with HIV face discrimination by mainstream society and are badly treated everywhere. There is a huge reluctance to talk about HIV, making our counselling forums essential. Most people affected, including children, acquired HIV without any knowledge and it is only when they are tested that they find out, often with calamitous consequences to family and community life. It was to address this need that our nutritional and psychological support programme was started. COVID makes this ever more necessary.

Stigma, discrimination, violence, malicious intent, and disregard for respect and privacy are also manifested in health care settings, discouraging people from accessing health care or services. Some people living with HIV and other key affected populations are shunned by family, peers, and the wider community, while others face poor treatment in educational and work settings, erosion of their rights and psychological damage making them more fearful of accessing testing, treatment and other HIV services.

Above and below: Sumithra talking to daily wage workplace and tea estate workers re HIV awareness and stigma

Sathiya was invited to make a presentation to JSS Medical College on World Aids Day and created a rally through Ooty to draw awareness to HIV/Aids. Young people are at risk from transmission of the virus at birth and in later adolescent life. It is important to break down the barriers of discrimination by tackling stigma. It is clear from the numbers of children and young people affected by HIV that there is also an essential need for improved adolescent care and a cohesive development of up-to-date chronic care systems for all people, particularly the elderly living with HIV.

Meetings led by Sathiya create a safe environment in which to discuss and share problems and struggles and provide enlightenment, and motivation to live meaningfully with different problem-solving strategies. Individual as well as group counselling sessions, are available.
We want to restart the distribution of much needed nutritional supplements and organic vegetables which we had to stop because of lockdown restrictions and the logistics of delivering both supplements and produce to each centre. During the last two years of COVID many of clients have been very sick, with 34 having been admitted to hospital, and 7 having died.

Everyone asks when the monthly nutrition and group therapy meetings will restart. They recognise the enormous benefits, both physical and mental, this service gives. By charting each client before and after nutrition we can see a huge improvement in CD04 levels. This particular assessment records data of 133 clients and the positive impact is beyond any doubt.

Sathiya, distributing ART during COVID lockdown

During the autumn we were pleased to appoint Supriya (Kurumba), as an intern, to replace Chithra (Irulla) who left to have a baby. Supriya has yet to take up her position but expected to do so next summer. Sumithra has become a valuable assistant to Sathiya and arranges many of our awareness and stigma programmes.

Economic crisis:

A typical basket of goods including cleaning materials, sanitiser, fruit and vegetables to give a better diet would cost Rs1000-1200 per week/family (£10-12).

COVID has caused the loss of many jobs. One of our HIV clients summed up his desperation:

"I am staying with my son in a rented house. I have no work and no money to pay the owner who is asking for rent. I have no savings and no-one to support me. I have a lot of tension and I feel lonely".

In summary

- 200 individuals receive counselling each month
- 100 families receive counselling each month
- 120 people each month working in healthcare settings have attended our presentations and talks about HIV awareness, discrimination, and stigma
- Available 24/7 for anyone who needs help
- Over 130 clients have seen their CD04 levels increase significantly during the period when we were able to provide regular nutrition supplements and organic vegetables
- Regular presentations regarding awareness and stigma during visits to various places of work, schools, colleges, village youth and community groups. In one particular month nearly 600 people attended in total!

Sustainable Village Project – tackling drought

This project helps 3 villages (7300 people) about an hour's drive from Coimbatore, located in a district which has repeatedly suffered from severe drought. With agriculture being the primary industry in the area it is not hard to understand that the villages are very poor. The monsoons of the last 2 years allowed water tables to be rebuilt. However, temperatures on the plains often reach 40 degrees over long periods, emphasising the importance of finding solutions to mitigate the effects of such conditions

The District Rural Development Agency (DRDA) is the government body that implements water conservation schemes through village administration offices.

We find ourselves in the position of bringing together all stakeholders, including the Sub-Collector (Rural) and the Director of Horticulture, Panchayat officials and village elders. Over the last year local green brigade volunteers and Panchayat staff have been watering and maintaining the 7200 tree saplings, including 1200 neem which have valuable medicinal properties. Helping farmers to construct 'earthen bunding', percolation pits and wells to retain water has been of enormous benefit to these communities. But rain water harvesting, and both grey and black water recycling are all on the agenda.

We are now gathering thoughts from the stakeholders and taking stock of where we are and what needs to be done.

Below: Before COVID lockdown -students at Garikyur village school telling us about the medicinal plants to be found around their village.

Eco-Clubs

It looks like the school village eco club programme won't re-start until late 2022 or at the start of the new academic year in June 2023, due to COVID, the time it takes to receive the necessary approvals from the education minister and of course the school headteachers. But in the meantime, internships have been offered to students from Karunya University (school of agriculture and applied sciences) and Tamil Nadu Agricultural University. These internships provide practical and theoretical programmes over one month with nursery visits providing an introduction to basic organic skills – seed treatment, sowing and planting, how to prepare Panchagavia and Jaavamritham, bio-dyanamic composting, vermi-composting, slope management, soil and raised bed preparation, intercropping and harvesting. Prior to COVID GoHT hosted an annual visit from students from Cornell University and it is hoped that this association will be restored when the pandemic is over.

PhD: exploring self-reliance in primary healthcare among families and communities using traditional medicine

The PhD fellowship completed the fourth year. Field work is undertaken in the Nilgiris and in tribal villages in Kerela and Karnataka. We anticipate that when the research paper is published that elements of the reported outcome can be applied to the RTTMP to the benefit of our tribal health programme.

This interview example makes interesting reading

"The shift in agriculture, overuse of chemicals were few factors mentioned as a reason for change in lifestyles and health status of the people. "Sir, now everyone is using chemical fertilizer but earlier organic fertilizer was being used. The food used to be very tasty and there was no disease. Now there are many different types of fertilizers. Sir, so now there are many diseases". A 60yr old participant from MC Tholalu village, HD Kote taluka, Karnataka;

Health services have increased access through primary health centres, mobile health units and community-based health services. However, participants mentioned that these developments have made them rely on hospital even for minor health conditions, this has resulted in making the body more sensitive and susceptible to infections due to extensive use of antibiotics adding further chemicals to the body.

Our Education Fund

FoH together with The Nilgiris Adivasi Trust (NAT) are supporting young people from tribal community and/or backward class family backgrounds. Students currently attending the Victoria Armstrong School in Kothagiri, the Tribal school (VBVT) and drop-out school in Gudalor, and the NWTWS school hostel all receive grants from NAT. Based on information provided by NAWA's director of education bursaries are provided to students from tribal communities progressing to higher secondary and college education.

The FoH fund provided support to Emima during 2021, and this continues. Now in her fourth year at the Atreya Ayurveda College in Bangalore, Emima is studying for her Bachelor of Ayurvedic Medical Sciences degree (BAMS) over 5 years.

Fundraising events

No fundraising events were held because of COVID.

Financial review

The FoH accounts are available separately and upon request. They are also found via our web site or on the Charity Commission's web site. Income during the year declined significantly. Income in the year received and committed, amounted to £29,780 *(previous year £74,822)*. The Trustees' policy is that all funds (except for nominal administrative costs) should be sent to India, and particularly at times when we can take advantage of preferential exchange rates. In this *way we* can optimize our funding to the project. Total funds expended on projects during the year amounted to £24,560 (previous year £64,868).

Local UK administrative costs amounted to just £1,185 (£2,660) as detailed in the annual accounts. Grants and donations over £700 were received from the following organizations and individuals: - The Rowney Trust; The Rainford Trust; Just Trust; The Onaway Trust; The Bryan Guinness Charitable Trust; The Souter Charitable Trust; DAF. Two grants of £1,000 were received from unidentified sources

We are also grateful to other charities and individuals who have contributed to our income by way of grants, donations, responses to appeals and gift aid. Your support is so very much appreciated. We are also grateful to British Airways for baggage waiver and their past support.

Photo Gallery

Irulla mother and child

Before lockdown: The Collector visiting the GoHT stand at an Organic conference in Ooty

Below, The Collector speaking at the end of the organic rally in Ooty during the year.

Kesalada school medicinal plant garden

Below: a farm worker learning how to prepare Jeevamritham at Thambatty

Above and below: HIV stigma 'workplace' awareness meetings

THE FRIENDS OF H.O.P.E.
(Company limited by guarantee and not having a share capital)

DIRECTORS' REPORT FOR THE YEAR ENDED 31 OCTOBER 2021

The directors, who are also trustees of the charity, present their report and the accounts for the year ended 31 October 2021.

The governing document of the charity is the Memorandum and Articles of Association incorporated on 9 October 1998. The Friends of H.O.P.E. is a company limited by guarantee. The liability of the members is limited by their guarantee. In the event of the company being wound up during the period of their membership (or within a year following), members undertake to contribute such amounts as may be required, up to a maximum of £10.

The annual general meeting deals with the appointment of trustees and other matters such as approval of the report and accounts and the appointment of auditors.

The objectives of the charity are:

a) the relief of poverty and sickness and to advance education among the inhabitants of the Nilgiri region of India; and
b) the encouragement and promotion of the protection and preservation of the environment in the Nilgiri region of India.

RESERVES POLICY AND RISK MANAGEMENT

It is the objective of the directors to hold whenever possible approximately six month's expenditure in reserves, but it is also our policy to take advantage of a good exchange rate whenever possible. We therefore monitor the combined reserves of our NGO partners and The Friends of H.O.P.E on a monthly basis to preserve a sound reserves policy.

The risks to which the charity is exposed are frequently reviewed and procedures have been established to manage those risks.

DIRECTORS / TRUSTEES

Dr Nicholas Grey
Prof Sheila Hillier
Michael Moore
Dr Mahesh Mathpati
Rosaleen Mulji
David Pople

DIRECTORS' REPORT FOR THE YEAR ENDED 31 OCTOBER 2021 (CONTINUED)

DIRECTORS' RESPONSIBILITIES

The directors are responsible for preparing the Directors' Report and the accounts in accordance with applicable law and regulations.

Company law requires the directors to prepare accounts for each financial period which give a true and fair view of the state of affairs of the company at the end of the period and of its income or expenditure for the period. In preparing those accounts, the directors are required to:-

- select suitable accounting policies and then apply them consistently;
- make judgements and estimates that are reasonable and prudent;
- state whether applicable accounting standards have been followed, subject to any material departures disclosed and explained in the accounts;
- prepare the accounts on the going concern basis unless it is inappropriate to presume that the company will continue in operation.

The directors are responsible for keeping proper accounting records which disclose with reasonable accuracy at any time the financial position of the company and to enable them to ensure that the accounts comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

This report has been prepared in accordance with the small companies regime under section 419(2) of the Companies Act 2006, and in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Statement of Recommended Practice: applicable to charities preparing their accounts in accordance with FRS 102.

By order of the board on 08/7/22
and signed on its behalf by

D Pople
Company Secretary

INDEPENDENT EXAMINERS' REPORT
TO THE TRUSTEES OF THE FRIENDS OF H.O.P.E

I report to the charity trustees on my examination of the accounts of the company for the year ended 31 October 2021, which are set out on pages 21 to 26.

RESPONSIBILITIES AND BASIS OF REPORT

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

Having satisfied myself that the accounts of the charitable company 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 your charitable company's accounts as carried out under section 145 of the Charities Act 2011 (the '2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act.

INDEPENDENT EXAMINER'S REPORT

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:

1) accounting records were not kept in respect of the charitable company as required by section 386 of the 2006 Act; or
2) the accounts do not accord with those accounting records; or
3) the accounts 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 accounts 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 accounts to be reached.

CJ GOODHEAD FCA
KNIGHT GOODHEAD LIMITED
Chartered Accountants
7 Bournemouth Road
Chandler's Ford
Eastleigh
Hampshire SO53 3DA

11 July 2022

THE FRIENDS OF H.O.P.E.
(Company limited by guarantee and not having a share capital)

STATEMENT OF FINANCIAL ACTIVITIES FOR THE YEAR ENDED 31 OCTOBER 2021
(Including Income and Expenditure Account)

	Notes	Unrestricted funds £	Restricted funds £	Total funds 2021 £	Total funds 2020 £
Income					
Donations and legacies	3	17,091	12,689	29,780	74,822
TOTAL INCOME		**17,091**	**12,689**	**29,780**	**74,822**
Expenditure					
Charitable activities					
H.O.P.E. projects	4	18,706	7,039	25,745	67,528
TOTAL EXPENDITURE	5	**18,706**	**7,039**	**25,745**	**67,528**
Net income / (expenditure) for the year		(1,615)	5,650	4,034	7,294
FUNDS AT 31 OCTOBER 2020	8, 9	5,752	7,013	12,765	5,471
FUNDS AT 31 OCTOBER 2021		**4,137**	**12,663**	**16,799**	**12,765**

The Statement of Financial Activities includes all gains and losses recognised in the year.
All income and expenditure derive from continuing activities.

THE FRIENDS OF H.O.P.E.
(Company limited by guarantee and not having a share capital)

COMPARATIVE STATEMENT OF FINANCIAL ACTIVITIES FOR THE YEAR ENDED 31 OCTOBER 2020
(Including Income and Expenditure Account)

	Unrestricted funds £	Restricted funds £	Total funds 2020 £
Income			
Donations and legacies	29,022	45,800	74,822
TOTAL INCOME	**29,022**	**45,800**	**74,822**
Expenditure			
Charitable activities			
H.O.P.E. projects	25,548	41,980	67,528
TOTAL EXPENDITURE	**25,548**	**41,980**	**67,528**
Net (expenditure) / income for the year	3,474	3,820	7,294
FUNDS AT 31 OCTOBER 2019	2,278	3,193	5,471
FUNDS AT 31 OCTOBER 2020	**5,752**	**7,013**	**12,765**

The Statement of Financial Activities includes all gains and losses recognised in the year.
All income and expenditure derive from continuing activities.

THE FRIENDS OF H.O.P.E. **(COMPANY NUMBER 3647389)**

(Company limited by guarantee and not having a share capital)

BALANCE SHEET AT 31 OCTOBER 2021

	Notes	2021	2020
		£	£
CURRENT ASSETS			
Debtors	6	508	1,986
Cash at bank and in hand		17,307	21,808
		17,815	23,794
CREDITORS: amounts falling due within one year	7	(1,016)	(11,029)
NET CURRENT ASSETS		16,799	12,765
NET ASSETS		**16,799**	**12,765**
FUNDS			
General Fund	8	4,137	5,752
Restricted Fund	9	12,663	7,013
	10	**16,799**	**12,765**

For the financial year ended 31 October 2021, the company was entitled to exemption from audit under section 477 Companies Act 2006. No member of the company has deposited a notice, pursuant to section 476, requiring an audit of these accounts.

The directors acknowledge their responsibilities for ensuring that the company keeps accounting records, which comply with section 386, and for preparing accounts, 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 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 accounts, so far as applicable to the company.

These accounts have been prepared in accordance with the provisions applicable to companies subject to the small companies regime within Part 15 of the Companies Act 2006.

Approved by the board of directors on 18/7/22
and signed on its behalf by

M Moore

Director

M. MOORE

THE FRIENDS OF H.O.P.E.
(Company limited by guarantee and not having a share capital)

NOTES TO THE ACCOUNTS FOR THE YEAR ENDED 31 OCTOBER 2021

1 ACCOUNTING POLICIES

Accounting convention

The accounts have been prepared under the historical cost convention, in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) ant the Statement of Recommended Practice: applicable to charities preparing their accounts in accordance with FRS 102.

The charity meets the definition of a public benefit entity under FRS 102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy note.

The accounts have been prepared on the going concern basis. There are no material uncertainties about the charity's ability to continue.

Income

Income is recognised when received, together with any associated tax refund, except for income given for specific purposes where it is matched against the related expenditure.

Expenditure

Expenditure is recognised in the period to which it relates and is allocated to the appropriate cost heading. No material items of expenditure require apportionment across more than one category. Support costs are allocated between funds based on the corresponding income split in the period.

Fund accounting

- Unrestricted funds are available for use at the discretion of the trustees in furtherance of the general objectives of the charity.
- Designated funds are unrestricted funds earmarked by the trustees for specific purposes.
- Restricted funds are subjected to restrictions on their expenditure imposed by the donor.

2 LEGAL STATUS

The charitable company was incorporated on 9 October 1998 in England and Wales and was registered on 25 October 2000 with the Charity Commission in England and Wales. The registered number is 03647389 and the charity number is 1083028. The charity is a public benefit entity.

The registered office of the charity is 7 Bournemouth Road, Chandler's Ford, Eastleigh, Hampshire, SO53 3DA.

NOTES TO THE ACCOUNTS FOR THE YEAR ENDED 31 OCTOBER 2021 (continued)

3 TOTAL INCOME

	Unrestricted funds £	Restricted funds £	Total funds 2021 £	Total funds 2020 £
Grants	14,840	12,689	27,529	61,555
Donations	1,743	-	1,743	11,139
Gift aid reclaimed	508	-	508	2,128
Other income	-	-	-	-
	17,091	12,689	29,780	74,822

4 HOPE PROJECTS

	Unrestricted funds £	Restricted funds £	Total funds 2021 £	Total funds 2020 £
Grant funded activities	18,026	6,533	24,560	64,868
Support costs	363	270	633	2,094
Accountancy and independent examination	317	236	553	566
	18,706	7,039	25,745	67,528

5 TOTAL EXPENDITURE

No director received any remuneration during this or the previous year. During the year reimbursed expenses relating to project costs of £157 (2020: £3,760) were paid to one trustee.

6 DEBTORS

	2021 £	2020 £
Gift aid recoverable	508	1,986
Prepayments	-	-
	508	1,986

7 CREDITORS: amounts falling due within one year

	2021 £	2020 £
Trade Creditors	1,016	10,566
Accruals	-	463
	1,016	11,029

NOTES TO THE ACCOUNTS FOR THE YEAR ENDED 31 OCTOBER 2021 (continued)

8 UNRESTRICTED FUNDS

	Funds brought forward £	Income £	Expenditure £	Funds carried forward £
General funds	5,752	17,091	(18,706)	4,137

9 RESTRICTED FUNDS

	Funds brought forward £	Income £	Expenditure £	Funds carried forward £
Education fund	-	2,689	(2,650)	39
RTTMP fund	2,400	-	-	2,400
HIV/Health	4,241	-	(3,884)	357
Farming and sustainable villages	372	10,000	(506)	9,866
	7,013	12,689	(7,039)	12,663

Education fund: The Nilgiris Adivasi Trust (NAT) and Friends of HOPE contribute to tribal school running costs and bursary support for students attending higher secondary schools.

RTTMP fund: The Rejuvenation of Traditional Tribal Medicinal Practices fund supports traditional health projects and is encouraging the setting up of a self help health service in 60 villages.

HIV/Health fund: The funding for people living with HIV covers screening for both HIV and TB, counselling, vocational support and nutritional supplements.

Farming and sustainable villages: Encourages farmers to convert to organic farming practices and to restore goodness to the soil, thus helping to protect the natural environment.

10 ANALYSIS OF NET ASSETS BETWEEN FUNDS

	Unrestricted funds £	Restricted funds £	Total funds £
As at 31 October 2021			
Debtors	508	-	508
Bank and cash	4,644	12,663	17,307
Creditors	(1,016)	-	(1,016)
	4,137	12,663	16,799
As at 31 October 2020			
Debtors	1,986	-	1,986
Bank and cash	14,795	7,013	21,808
Creditors	(11,029)	-	(11,029)
	5,752	7,013	12,765

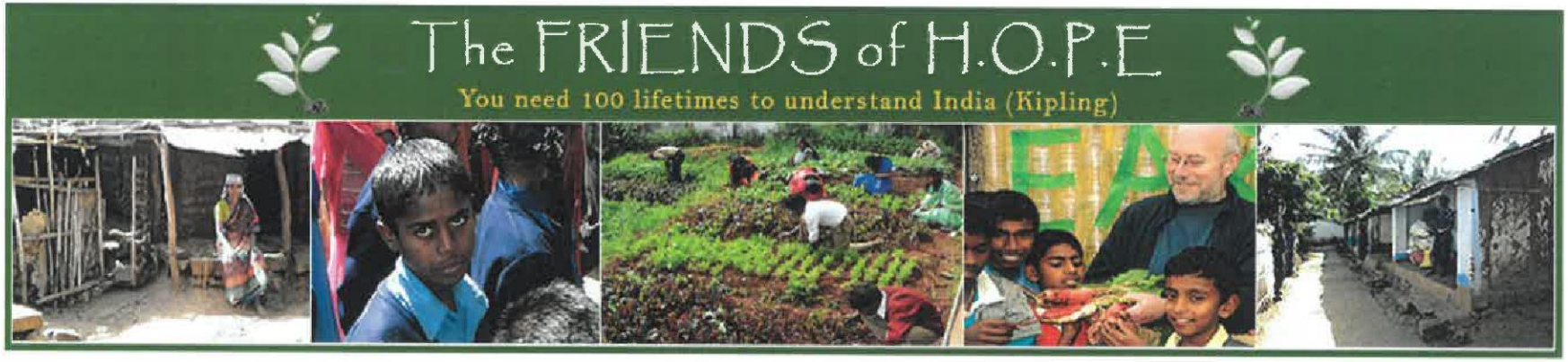
THE FRIENDS OF HOPE

England & Wales - Charity number 1083028

Accounts

THE FRIENDS OF H.O.P.E.
(COMPANY NUMBER 3647389)

REPORTS AND UNAUDITED ACCOUNTS
FOR THE YEAR ENDED 31 OCTOBER 2020



Annual Report 2020

The Nilgiri Hills of Tamil Nadu rise to 8,000 feet above sea level and are stunningly beautiful, with abundant wildlife, dramatic waterfalls and mountainside covered with shola forest.

Geographically The Nilgiris with the neighbouring Wayanad district are situated between Karnataka to the north and Kerala to the west. The territory is extraordinarily diverse, as indeed is the climate. All over the Nilgiris swathes of forest and ancient grasslands have been destroyed and the landscape is populated by degraded and polluted watersheds and farms. Soil erosion is very noticeable, but yet there is a wealth of biological diversity corresponding to altitudes and geology. The communities living in the area are as diverse as the territory. Indigenous tribal communities survive alongside newcomers including refugees from Sri Lanka. Gudalur at the foot of the hills to the West has a large Muslim population as well as being a centre for the extensive Paniya community who until quite recently survived as bonded labourers.

This is the area, and these are the kinds of people upon which Friends of H.O.P.E focusses, we see the Earth and People as belonging together, encouraging communities to look after their land and use it well is at the very heart of our work.

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The Friends of H.O.P.E
Charity directory

REGISTERED COMPANY NUMBER 3647389
(incorporated: 9 October 1998)

REGISTERED CHARITY NUMBER 1083028
(registered: 25 October 2000)

COMPANY SECRETARY
David Pople

LIFE PRESIDENT: Vanya Orr

TRUSTEE DIRECTORS
Nicholas Grey, Michael Moore, David Pople, Dr Mahesh Mathpati, Mrs. Rosaleen Mulji, Prof Sheila Hillier

WEBSITE: www.friendsofhope.org.uk

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BANKERS
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Eastleigh Branch
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Executive summary

COVID has dominated this past year. In many parts of India, but mainly in and around the major cities, COVID's second wave is out of control. It is not hard to understand why. Major factors include ignorance of the need, or refusal to socially distance, lack of respiratory equipment including ventilators and oxygen in hospitals; inadequate supplies of appropriate PPE and failure to maintain cleanliness. Vaccination targets are aspirational given availability and sources of supply. Journalists are reporting that the real situation far exceeds official figures. We would tend to agree with this view. Even during elections in early 2021 mass gatherings were allowed, exacerbating the situation. However, lockdowns did follow and at the time of writing remain in place. In the Nilgiris, the authorities began by trying to contain the disease with curfews and local lockdowns where any villages becoming affected would quickly get sealed off.

The impact of COVID last year in the Nilgiris was less severe than in the cities, at least in terms of number of reported cases. Reports we have seen suggested then that there was an average of 100 new positive cases a day and recorded deaths were comparatively low. Last year we thought that this was because patients admitted to hospital were discharged with a few days and so any later death, or death due to long COVID, went unrecorded. Further, the symptoms of COVID are broadly similar to common illnesses involving fever and coughing and so few would seek medical intervention or testing and rely on local remedies and decoctions. Given the remoteness of many villages only a small minority would be able to present themselves for testing and treatment if it were available and would risk immediate social isolation for the family and the likelihood of the village being sealed off causing economic deprivation.

Clearly the number of COVID cases and deaths are significantly under-reported. The latest COVID surge reports from Delhi, Mumbai and Calcutta describe a horrific situation in hospitals. All hospitals in the Nilgiris region are full. The crematoria in Coimbatore, (the nearest city with a population c3-4million) is now working 24/7. No-one seems to be talking yet about a third wave of infection in India, but this seems likely later on in the year. The situation is approaching disaster level as many rural poor are still reeling from the first lockdown – lost income, no job, lack of food, inability to collect medications, increases in personal debt to pay for medical bills, mental health pressures and an increase in abuse. We face a huge challenge over the next 12 months.

The Friends of H.O.P.E (FoH) has inspired many villages and rural communities of the Nilgiris to apply traditional self-help practical and sustainable knowledge that embraces traditional local foods, traditional health, medicinal plants and their uses, organic and biodynamic methods of agriculture, animal husbandry, water conservation and environmental protection. Over the last 22 years we have led the organic movement in The Nilgiris with our support for biodynamic organic farming culminating in the development of an organic road map which has been adopted by the local department of Horticulture and The Collector. We have also supported the HIV community for 16 years.

FoH was formed in 1998 to support Vanya Orr's holistic vision for sustainable communities, our 'economics of permanence' in restoring and protecting local traditions and cultures. The charity provides financial support, strategic guidance and practical advice where needed to our implementing partner agencies. All of our Trustees have Indian connections and experience in dealing with both tribal and non-tribal communities. - Mrs Rosaleen Mulji, David Pople and Prof Sheila Hillier are also trustees of The Nilgiris Adivasi Trust (NAT). Nicholas Grey (with his wife Mary) were the founder trustees of Wells for India which works in Rajasthan, Dr Mahesh Mathpati is a well-known and highly respected Ayurvedic doctor, and Michael Moore lived and worked in India for some years. All money raised by FoH, except for a very small amount needed to cover its administrative expenses, is remitted to the partnering NGO's. **The Trustees of both FoH and NAT give their time and services entirely on a voluntary basis.**

FoH and NAT are now working ever more closely together – joint meetings are held, and joint consideration is given to funding the education and community based programmes described in the following pages.

Poverty in the region

Poverty amongst Tribal communities is commonplace. These indigenous peoples rely on agriculture and the forest for their livelihoods and farming as we know is in crisis. Statistically in rural areas such as the Nilgiris over 31% of the scheduled castes and about 20% of the backward classes come into the poverty category (source: socialjustice.nic.in). We believe these statistics are on the low side. The rural poor in the Nilgiris include an indigenous tribal population of almost 28,000 – Irullas, Kotas, Todas, Paniyas and Kurumbas being the principal groups. The agriculturalist Badagas numbering 175,000 are also often referred to as indigenous peoples. The base poverty line in India is assessed at Rs221 per day (about £2.20). If support is required for a family of 4 or more children the poverty line needs to be re-drawn. However, the poorest members of society are the socially isolated HIV community, where daily income can be less than Rs200 (£2.00)

During the COVID lockdowns day workers have been laid off, resulting in massive reductions to family income. Those not in possession of food ration cards will be a focus of our attention during 2021. People with HIV are struggling for survival, having no support from their community, nor from employers.

Below is a typical home of the rural poor in the area

Relationship between The Friends of H.O.P.E and its partners

The relationship between FoH and the partnering agencies is governed by Memoranda of Understanding (MoU's) or Project Agreement (the governing documents). These documents define the parameters as to how the charities work together, with FoH providing funding, advisory and practical help with Indian agencies being the implementing partners. The MoU's allow for FoH to be provided with regular reports, and also stipulate that each NGO will be fully accountable to FoH for the way in which funding is used. Therefore those who give money can be assured donations are used for the intended purpose and not wasted.

COVID Impact on farming

With supply chains disrupted, more than 72,000 small farmers in the district are also facing ruin, with virtually zero income, ruined crops and no money to plant the next harvest. Last April with no transport available to get the crop to market the harvest was destroyed. The second harvest fared little better being partially destroyed by the monsoon rains.

Farmers are desperate, recently throwing vegetables on to the highway in disgust with government policy.

A situation has developed whereby farmers will have no option but to sell their produce to middlemen, resulting in little or no profit. The amendment to the Agricultural Bill is thought to put power into the hands of the larger producer to the detriment of the small marginal producer.

Vanya Orr's concept of fixing a support price for six months actually worked very well as GoHT controlled this without reward on behalf of the famer, distributing the difference between support and market price - the producer bonus. This is something that Farmer Producer Companies should do.

The Nilgiris is the largest tea growing region of South India. Some 3-4 years ago the government provided incentives for small growers to build micro tea factories and all now see their livelihoods threatened by the pandemic. For

the farmer-grower subsequent restrictions, including the closure of schools, colleges, shops and hotels, resulting in a steep decline in demand.

The Thambatty model farm is being maintained by Sivakumar only, with no staff on site. At the beginning of the lockdown some produce was given to HIV clients, with only a fraction sold at a central market at vastly reduced prices.

This, in addition to the ongoing damage caused by bison and heavy monsoon rains, is a catastrophic situation for any farmer. We need to support farming as it affects so many livelihoods, being the predominant industry.

That brings me to assess the impact of COVID with the loss of work amongst the poor. Without a daily wage of between Rs150-500 poverty will rise further and malnutrition will increase significantly. Financial concerns are partly to blame for an increase of about 43% in domestic abuse. The HIV community with their weakened immune system will be particularly vulnerable.

The immediate process of farming change to organics has continued at Collector level. Meetings have been held between Sivakumar and a few other farmers since lockdown to allow drafting of organic policy to continue. The meetings organised with the Nilgiri Organic Farmers and Growers Society have also acted as a way in which problems can be raised via a forum with the Collector. Sivakumar is in close contact with the JD Horticulture and the Collector and with their support has established on-line training in which up 400 participants continue the transition to organic farming.

Other costs have increased, for example seed prices have also rocketed exponentially.

Sivakumar tells me that the Government of Tamil Nadu did however recently pass an order to waive crop loans obtained by farmers using the Co-operative Bank.

The shift to organics is of huge importance to the Nilgiris Biosphere. GoHT follows the Biodynamic calendar which guides growers when to sow seeds according to the position of the moon. By restoring goodness to the land moisture is retained for much longer, vital in drought situations.

Progress

The Collector (Ms Innocent Divya) is very keen to see Nilgiris being declared an organic district.

Last year organic producers received a subsidy cheque which translates to about Rs4,000 or £40 per farmer. This is a result of direct interaction between Sivakumar and the Collector and is seen as an important gesture of goodwill and support for organics.

On a wider note, other evidence of the urgent need for farming policy change is the dangerously high chemical and pesticide residues found in Nilgiri Hill vegetables, as reported last year in The Hindu, and The Times of India. The Collector has agreed with Tamil Nadu University to conduct rigorous soil analysis and testing over the coming months and into next year. This will provide supporting evidence of the need to change farming practices. Partly as a consequence of GoHT activity and Sivakumar's lobbying with selected organic farmers, **a total of 27 fertilizers, pesticides and weedkillers were banned during the year.**

We have been actively promoting organics for 22 years and to have an agreed 5year road map adopted by the Dept of Horticulture and embraced by the Collector is a tremendous achievement. A draft policy for submission to state government is at a critical stage, and the amount of work over the next 3 years will be enormous. Further evidence of the value of organics is that we have been approached by a Bio Pharma company based in Chennai asking for contaminate free, organic potatoes, which they use in their BCG TB vaccine.

The Garden of HOPE Trust urgently needs more staff. Coronavirus impacts this in the short term, with CSR funding within India proving problematic.

In summary over the past 12 months

- We have helped secure small grants for each small registered organic farmer and grower.
- Provided awareness on COVID and encouraged farmers to follow COVID protocols.
- Commenced discussions through the Nilgiris Organic Farmers and Growers Society re the formation of Farmer Producer Companies
- Provided vegetables to members of the HIV support group.
- Suggested that the Horticulture Department supports farmers with cold storage at minimum cost.
- Onsite training has been seriously curtailed. However monthly on-line training and technical support workshops have been offered and up to 400 farmers have benefitted on a regular basis.
- Continued to progress the Organic Road Map by attending regular meetings with the Collector.
- Maintained the model nursery.

Covid Impact on the traditional health service programme (RTTMP)

The RTTMP remains 'open for business' during COVID.

We have empowered 15 women to deliver a health service to 60 remote tribal villages, a population of some 7300 people. These villages were identified as being particularly in need of health cover despite the presence of the locally facilitating NGO, NAWA. The RTTMP programme looks at long term TRADITIONAL health sustainability for the people by the people. Local knowledge utilises the power of medicinal plants efficacy so not reliant on local health providers or NGOs. As at the end of last year the VHOs were dealing with 3000 cases, ranging from common colds, coughs and colds, fever, snake bite, ulcerated legs, post stroke, midwifery, diabetes, anaemia and TB.

Kalliammal preparing knee pain oil at Garikyur village. Kalliammal represents Tamil Nadu at the Tribal Healers All India Council, a tribute to her knowledge and skill as a healer.

Vijaya, applying massage oil having diagnosed the cause of this child's stomach pain

FoH with help from NAT are the sole funder for this programme which includes capacity building via FRLHT/TDU. NAWA continues to provide a mobile outreach 'allopathic ambulance' which covers a few of the 60 participating villages.

In February 2019 the VHOs took on the challenge of treating a sample 160 severely anaemic patients with traditional local Indian health treatments (Siddha and Ayurveda) using medicinal plants. Over the last 12 months haemoglobin levels have generally improved significantly (the lowest at the beginning was 3.5) and this programme is now part of a formal research programme at TDU in Bangalore (part of FRLHT). The VHOs have introduced a patient visit plan, detailing traditional diet and gathered data on individual record cards as required by TDU. **TDU has agreed to extend the research data to cover 500 anaemia patients. COVID has prevented any visits by TDU personnel to activate this part of the RTTMP but on-line awareness has been instigated by the University and attended by the VHOs and selected healers.**

Subject to funding FoH will pay the continued stipend and salaries and basic costs such as the newsletter, lab technician time for processing bloods, and health awareness village meetings. The monthly newsletter will be distributed to every household in the project area.

On-going training for the RTTMP will be important and if we can secure funding we should provide for this capacity building by the TDU team. The integrity of the RTTMP team will be boosted by certification under Quality Care India (QCI) – 15 VHOs and up to 60 healers @Rs12,300/per person for testing and certification..

We have provided a grant to TDU of Rs246,000 to cover the cost of certifying the first 20 people - our VHOs and a few selected healers - who have been actively involved in the RTTMP and who have allowed their knowledge to be documented.

As a consequence of COVID only 23/60 villages in the RTTMP are regularly being covered. The VHOs have been focused on public health, personal hygiene and regular cleaning of the home. NAWA have suggested we increase the number of VHOs by 5 so that the original complement is restored and all villages covered regularly. Hygiene in remote areas and particularly for people in poverty is always an issue. Plants and roots having antiseptic and cleansing properties are found in the project area and their uses are being promoted.

There is a complete lack of protective equipment but one of our VHOs is showing the village women how to make masks from clean Dhoti cloth. Various decoctions based on Siddha/Ayurvedic traditions are recommended by Indian Health and these are made using locally sourced ingredients. Cleaning the home is done using a mixture of turmeric and neem. Immune boosters promoted include turmeric and seasonal wild greens, amla and jack fruit.

People trust the decoctions given and feel they work.

Products from the self-help group, Mullai:

One of our VHOs is Vijaya and she is responsible for looking after 7 villages. Now a well-known traditional healing practitioner she is locally accepted as "our village doctor". Vijaya is supported by other respected healers. Her typical

week includes the preparation of traditional medicines, treating patients, midwifery, providing massage therapies, prescribing food habits, and guiding village women in growing traditional herbal plants.

Vijaya picking herbs

An early short-term casualty of COVID 19 was the closure of an important Auyurvedic Trans disciplinary hospital– I-AIM in Bangalore. This impacted us from a resource point of view for about six months or so. During autumn last year the ASHWINI tribal hospital in Gudalor was forced to operate a reduced service with only 3 staff due to COVID; since then the staff have magnanimously taken a 25% reduction in salary following a huge reduction in the hospital's income. The ASHWINI hospital in an excellent facility with good maternity and surgical care and is now approved to treat COVID patients.

COVID Impact on HIV

We currently regularly support over 110 of the 481 people registered in the Nilgiris with HIV.

Malnutrition, counselling, the need to assist children affected by HIV and stigma reduction are all essential interventions.

Our group support meetings are normally held monthly but because of COVID were postponed between April and the end of the year, resuming in December. They re-started first in Gudalor, where up to 27 'clients' meet under social distancing rules. In Ooty, the YMCA host the monthly therapy meetings for 80 clients and although they re-started here at the beginning of this year (2021) they have since been suspended (from April 2021) because of the second wave. Stigma in health care settings is a real problem, and people with HIV are being denied healthcare where there is also a blatant disregard for patient privacy. With funding from Mercury Phoenix granted in October last year we commenced our stigma reduction programme. We have taken on Chithra as an intern for a year. She is HIV positive, has mental health issues and a member of the Irulla tribe. Sumithra was widowed last year and we have appointed her to arrange meetings and follow ups with social care, hospital staff and employers such as the tea estates owners. Sumithra is employed on a twelve-month fixed term contract but is becoming an indispensable team member.

Initially as a result of the lockdown last year, HIV positives were unable to access ART Centres for their medication but the situation improved from July. Our interventions have helped clients to restore continuity of supply. Only front-line health workers had travel permits, Sathiya, our project leader being one such person. We know the desperation felt by many has given rise to an increase in mental health issues.

Evidence suggests that accessing medical care during the second wave is equally difficult. Hospital beds are full. This, along with stigma in hospital settings was again illustrated by the deeply sad case of Uma. Aged 23, she had been orphaned following the death of both parents which was attributable to HIV. For many years she was not aware of her status – indeed her uncle was the only person who did know and thankfully he has been very supportive. On a home-counselling visit we encouraged her to attend our group therapy meetings where she received nutrition supplements and participated in group therapy. However, a few months later she found she was unusually tired and unable to eat. She went to the ART centre for treatment and was diagnosed as being severely jaundiced. The doctors there suggested that because of COVID Uma attend a private multidisciplinary

facility in Coimbatore where she was admitted for one day only and where 'her liver was found to be fully damaged'. The following day she died.

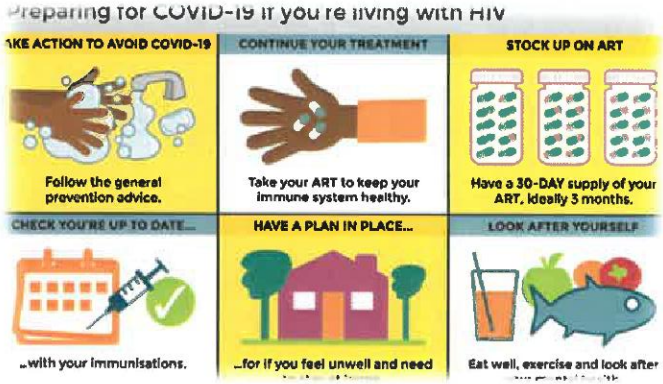
The story echoes that of Shiveraj who was passed from pillar to post in the search for treatment. Stigma was prevalent in hospital settings so no help was given, sadly resulting in his death.

Uma introducing herself to the Ooty therapy group January 2021

Sathiya, our programme leader, is again distributing ART and other medical supplies although travelling is subject to restrictions despite him having the required permissions.

Three of our 'clients' have tested positive for COVID in recent months and all, thankfully, have recovered. We feel sure the nutritional supplements, along with organic vegetables have helped their immune systems cope and their CD04 readings support this. Fortunately most people living with HIV have kept free from COVID but they are struggling for everyday survival, totally lacking support from their village community or their employers. Their nutrition levels have declined and they are preoccupied with "illness anxiety". This deterioration in mental health makes them even more vulnerable to suicidal tendencies.

Every day Sathiya is on the phone to counsel his clients and educate them on preventative COVID measures. He is approachable and available.



People with HIV face discrimination by mainstream society and are badly treated everywhere. There is a huge reluctance to talk about HIV, making our counselling forums essential. Most people affected including children, acquired HIV without any knowledge and it is only when they are tested that they find out, often with calamitous consequences to family and community life. It was to address this need that our nutritional and psychological support programme was started. COVID makes this ever more necessary.

Economic crisis:

HIV sufferers who can work are daily wage labourers in the Nilgiris district, earning between Rs150-500 per day (£1.50-£5). We are helping them to secure a payment of Rs1,000 a month per family given by the government. Help for this is on a one-to-one basis. Again, stigma and lack of privacy has to be resolved with bank staff before an automatic payment can be set up.

From May 2021 the State Government has announced a one-off payment of Rs4000 payable in 2 instalments and a COVID 'relief kit' to help during lockdown, consisting of 13 grocery items to family card-holders.

A typical basket of goods including cleaning materials, sanitiser, fruit and vegetables to give a better diet would cost Rs1000-1200 per week/family (£10-12).

One of our HIV clients summed up his desperation:

"I am staying with my son in a rented house. I have no work and no money to pay the owner who is asking for rent. I have no savings and no-one to support me. I have a lot of tension and I feel lonely".

Sustainable Village Project – implementing partner The Garden of HOPE Trust The sustainable village project we fund seeks to help 3 villages (7300 people) about an hour's drive from Coimbatore, where there have been severe drought conditions for the last 4-5 years. Despite the monsoons of last year which gave some respite, water tables remain far below acceptable levels with many farmers losing their coconut and banana crops. Agriculture is the primary industry in the area and all related businesses and home incomes have been severely affected due to the continuous monsoon failure.

The District Rural Development Agency (DRDA) is the government body that implements water conservation schemes through village administration offices.

We find ourselves in the position of bringing together all stakeholders, including the Sub-Collector (Rural) and the Director of Horticulture, Panchayat officials and village elders. An update on the agreed strategy to prevent future droughts is awaited but at farm level the work done during the year saw the planting of over 7200 trees, including 1200 neem which have valuable medicinal properties. Helping farmers to construct 'earthen bunding' to retain and save water for their crops has also been a hugely beneficial contribution.

Farming is so important to the economic sustainability of the villages and in the coming year it has been agreed that we will help put in place a logistics system, bringing transport, farmer and market-place together. The objective is to save on transport costs and ensure fresh organic produce gets to market on a regular basis. Farmers will agree prices with the 'shop' and with the

transport group. COVID has disrupted planning and implementation of this particular pilot scheme.

Sanjay

It is with great sadness that we report the passing of Sanjay in April 2021. He was just 14 yrs old. Sanjay had Duchene Muscular Dystrophy and developed respiratory issues from which he did not recover. Our thoughts are with his family.

Eco-Clubs

This programme has been put on hold from March 2020 as a consequence of COVID but planning for its restart is in our minds as it is seen as an important way to nurture future generations. These pictures were taken two years ago.

Above students at Pudur school

Above: students at Garikyur village school telling us about the medicinal plants to be found around their village.

PhD

The situation is unchanged. The PhD fellowship is continuing. We have heard that the Indian Medical Research Council have agreed to provide financial support for the PhD, so this will be a good anchor allowing for the work to be completed.

Our Education Fund

FoH together with The Nilgiris Adivasi Trust (NAT) are supporting young people from tribal community and/or backward class family backgrounds. Students currently attending the Victoria Armstrong School in Kothagiri, the Tribal school (VBVT) and drop-out school in Gudalor, and the NWTWS school hostel all receive grants from NAT. Based on information provided by NAWA's director of education bursaries are provided to students from tribal communities progressing to higher secondary and college education.

The FoH fund provided support to Emima during 2020, and this continues. Now in her fourth year at the Atreya Ayurveda College in Bangalore, Emima is studying for her Bachelor of Ayurvedic Medical Sciences degree (BAMS) over 5 years.

Fundraising

Fundraising events were suspended from March last year following introduction of the lockdown. At the time of preparing this report (June2021) we are hoping to restart in October.

Income and finance report

The FoH accounts are published separately and available upon request. They are also found via our web site or on the Charity Commission's web site. Grants and donations over £700 were received from the following organizations and individuals:- The Paget Trust; The Onaway Trust; Nilgiris Adivasi Trust; The Bryan Guinness Charitable Trust; Audrey's fund; The Souter Charitable Trust; The St Clare and St Francis Charitable Trust; Just Trust; DAF; The W. F. Southall Trust, Ahmad Tea; Tony Mortlock; Audrey's Fund; Lady Dufferin;

We are also grateful to other charities and individuals who have contributed to our income by way of grants, donations, responses to appeals and gift aid. Your support is so very much appreciated. We are also grateful to British Airways for baggage waiver and their past support.

Financial review

Income in the year received and committed, including grants processed on behalf of NAT, amounted to £74,822 *(previous year £63,556). The Trustees' policy is that all funds (except for nominal administrative costs) should be sent to India, and particularly at times when we can take advantage of preferential exchange rates.* In this *way we* can optimize our funding to the project. Total funds expended on projects during the year amounted to £64,868. Local UK administrative costs amounted to just £2,660 as detailed in the annual accounts.

Bhutan

An account from Vanya's diary

It was December 2005 when the Secretary of Agriculture for Bhutan first visited our project. After meeting farmers and women's groups and having discussions with our staff, he said, "I have not experienced anything like this before and I want all my agriculture officers to come and see what is possible and have training with you."

In 2006, 20 men and women from Bhutan arrived and were involved in a 10-day training programme on biodynamic inputs and rotational systems; on the life in the earth and its value for our health. The group also learnt how the effects of star and moon positions and organic management strengthened plants so that their natural immunity helped resist disease. They attended classes given by our women who showed the group what they were doing with their kitchen and herb gardens and from our eco-club children who showed how they created abundance in their school eco-club gardens and educated their peers in biodynamic farming principles. Our founder and Life President Vanya Orr explains the invitation to visit Bhutan.

"'Would you be interested in working as a volunteer with the Queen Mother's NGO, The Tarayana Foundation for a couple of months?' To say I nearly fell off the chair would be an under-statement.....

"The Friends of H.O.P.E provided the support for me to go and thanks to British Airways, I arrived in Delhi for a connecting flight to Paro, Bhutan, where I would set up a herbal garden resource in the capital city of Thimphu. The aim of this was to use our model for propagating and strengthening traditional herbal knowledge among the women in remote villages, locations where doctors and hospitals could be even two or three days walk to the nearest road. It might mean crossing rivers many times; sometimes bridges may be washed away. Basic knowledge of local herbs used for Primary Heath Care could mean the difference between life and death. To have the privilege of being with Her Majesty the Queen Mother and Chimee, with their deep concern for the people and the ways ahead for the Royal Kingdom of Bhutan was an amazing experience. It was a time of deep learning and gaining inspiration".

Roll forward to 2021 and Bhutan have decided that the whole country shall be organic.... https://www.bbc.co.uk/news/world-asia-23618588

We can feel really proud to be associated with this decision. The seeds we planted have fully germinated!

Photo Gallery

Irulla mother and child

Before lockdown: The Collector visiting the GoHT stand at an Organic conference in Ooty

Below, The Collector speaking at the end of the Organic rally in Ooty during the year.

Kesalada school medicinal plant garden

THE FRIENDS OF H.O.P.E.
(Company limited by guarantee and not having a share capital)

DIRECTORS' REPORT FOR THE YEAR ENDED 31 OCTOBER 2020

The directors, who are also trustees of the charity, present their report and the accounts for the year ended 31 October 2020.

The governing document of the charity is the Memorandum and Articles of Association incorporated on 9 October 1998. The Friends of H.O.P.E. is a company limited by guarantee. The liability of the members is limited by their guarantee. In the event of the company being wound up during the period of their membership (or within a year following), members undertake to contribute such amounts as may be required, up to a maximum of £10.

The annual general meeting deals with the appointment of trustees and other matters such as approval of the report and accounts and the appointment of auditors.

The objectives of the charity are:

a) the relief of poverty and sickness and to advance education among the inhabitants of the Nilgiri region of India; and
b) the encouragement and promotion of the protection and preservation of the environment in the Nilgiri region of India.

RESERVES POLICY AND RISK MANAGEMENT

It is the objective of the directors to hold whenever possible approximately six month's expenditure in reserves, but it is also our policy to take advantage of a good exchange rate whenever possible. We therefore monitor the combined reserves of our NGO partners and The Friends of H.O.P.E on a monthly basis to preserve a sound reserves policy.

The risks to which the charity is exposed are frequently reviewed and procedures have been established to manage those risks.

DIRECTORS / TRUSTEES

Dr Nicholas Grey
Prof Sheila Hillier
Michael Moore
Dr Mahesh Mathpati
Rosaleen Mulji
David Pople

DIRECTORS' REPORT FOR THE YEAR ENDED 31 OCTOBER 2020 (CONTINUED)

DIRECTORS' RESPONSIBILITIES

The directors are responsible for preparing the Directors' Report and the accounts in accordance with applicable law and regulations.

Company law requires the directors to prepare accounts for each financial period which give a true and fair view of the state of affairs of the company at the end of the period and of its income or expenditure for the period. In preparing those accounts, the directors are required to:-

- select suitable accounting policies and then apply them consistently;
- make judgements and estimates that are reasonable and prudent;
- state whether applicable accounting standards have been followed, subject to any material departures disclosed and explained in the accounts;
- prepare the accounts on the going concern basis unless it is inappropriate to presume that the company will continue in operation.

The directors are responsible for keeping proper accounting records which disclose with reasonable accuracy at any time the financial position of the company and to enable them to ensure that the accounts comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

This report has been prepared in accordance with the small companies regime under section 419(2) of the Companies Act 2006, and in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Statement of Recommended Practice: applicable to charities preparing their accounts in accordance with FRS 102.

By order of the board on 29-7-21
and signed on its behalf by

D Pople
Company Secretary

INDEPENDENT EXAMINERS' REPORT
TO THE TRUSTEES OF THE FRIENDS OF H.O.P.E

I report to the charity trustees on my examination of the accounts of the company for the year ended 31 October 2020, which are set out on pages 18 to 23.

RESPONSIBILITIES AND BASIS OF REPORT

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

Having satisfied myself that the accounts of the charitable company 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 your charitable company's accounts as carried out under section 145 of the Charities Act 2011 (the '2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act.

INDEPENDENT EXAMINER'S REPORT

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:

1) accounting records were not kept in respect of the charitable company as required by section 386 of the 2006 Act; or
2) the accounts do not accord with those accounting records; or
3) the accounts 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 accounts 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 accounts to be reached.

23 July 2021

CJ GOODHEAD FCA
KNIGHT GOODHEAD LIMITED
Chartered Accountants
7 Bournemouth Road
Chandler's Ford
Eastleigh
Hampshire SO53 3DA

THE FRIENDS OF H.O.P.E.
(Company limited by guarantee and not having a share capital)

STATEMENT OF FINANCIAL ACTIVITIES FOR THE YEAR ENDED 31 OCTOBER 2020
(Including Income and Expenditure Account)

	Notes	Unrestricted funds £	Restricted funds £	Total funds 2020 £	Total funds 2019 £
Income					
Donations and legacies	3	29,022	45,800	74,822	63,556
TOTAL INCOME		**29,022**	**45,800**	**74,822**	**63,556**
Expenditure					
Charitable activities					
H.O.P.E. projects	4	25,548	41,980	67,528	67,722
TOTAL EXPENDITURE	5	**25,548**	**41,980**	**67,528**	**67,722**
Net income / (expenditure) for the year		3,474	3,820	7,294	(4,166)
FUNDS AT 31 OCTOBER 2019	8, 9	2,278	3,193	5,471	9,637
FUNDS AT 31 OCTOBER 2020		**5,752**	**7,013**	**12,765**	**5,471**

The Statement of Financial Activities includes all gains and losses recognised in the year.
All income and expenditure derive from continuing activities.

THE FRIENDS OF H.O.P.E.
(Company limited by guarantee and not having a share capital)

COMPARATIVE STATEMENT OF FINANCIAL ACTIVITIES FOR THE YEAR ENDED 31 OCTOBER 2019
(Including Income and Expenditure Account)

	Unrestricted funds £	Restricted funds £	Total funds 2019 £
Income			
Donations and legacies	14,433	49,123	63,556
TOTAL INCOME	**14,433**	**49,123**	**63,556**
Expenditure			
Charitable activities			
H.O.P.E. projects	14,221	53,501	67,722
TOTAL EXPENDITURE	**14,221**	**53,501**	**67,722**
Net (expenditure) / income for the year	212	(4,378)	(4,166)
FUNDS AT 31 OCTOBER 2018	2,066	7,571	9,637
FUNDS AT 31 OCTOBER 2019	**2,278**	**3,193**	**5,471**

The Statement of Financial Activities includes all gains and losses recognised in the year.
All income and expenditure derive from continuing activities.

THE FRIENDS OF H.O.P.E. **(COMPANY NUMBER 3647389)**

(Company limited by guarantee and not having a share capital)

BALANCE SHEET AT 31 OCTOBER 2020

	Notes	2020	2019
		£	£
CURRENT ASSETS			
Debtors	6	1,986	4,573
Cash at bank and in hand		21,808	1,944
		23,794	6,517
CREDITORS: amounts falling due within one year	7	(11,029)	(1,046)
NET CURRENT ASSETS		12,765	5,471
NET ASSETS		**12,765**	**5,471**
FUNDS			
General Fund	8	5,752	2,278
Restricted Fund	9	7,013	3,193
	10	**12,765**	**5,471**

For the financial year ended 31 October 2020, the company was entitled to exemption from audit under section 477 Companies Act 2006. No member of the company has deposited a notice, pursuant to section 476, requiring an audit of these accounts.

The directors acknowledge their responsibilities for ensuring that the company keeps accounting records, which comply with section 386, and for preparing accounts, 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 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 accounts, so far as applicable to the company.

These accounts have been prepared in accordance with the provisions applicable to companies subject to the small companies regime within Part 15 of the Companies Act 2006.

Approved by the board of directors on 29 July 2021
and signed on its behalf by

M Moore

Director M. MOORE

THE FRIENDS OF H.O.P.E.
(Company limited by guarantee and not having a share capital)

NOTES TO THE ACCOUNTS FOR THE YEAR ENDED 31 OCTOBER 2020

1 ACCOUNTING POLICIES

Accounting convention

The accounts have been prepared under the historical cost convention, in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) ant the Statement of Recommended Practice: applicable to charities preparing their accounts in accordance with FRS 102.

The charity meets the definition of a public benefit entity under FRS 102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy note.

The accounts have been prepared on the going concern basis. There are no material uncertainties about the charity's ability to continue.

Income

Income is recognised when received, together with any associated tax refund, except for income given for specific purposes where it is matched against the related expenditure.

Expenditure

Expenditure is recognised in the period to which it relates and is allocated to the appropriate cost heading. No material items of expenditure require apportionment across more than one category. Support costs are allocated between funds based on the corresponding income split in the period.

Fund accounting

- Unrestricted funds are available for use at the discretion of the trustees in furtherance of the general objectives of the charity.
- Designated funds are unrestricted funds earmarked by the trustees for specific purposes.
- Restricted funds are subjected to restrictions on their expenditure imposed by the donor.

2 LEGAL STATUS

The charitable company was incorporated on 9 October 1998 in England and Wales and was registered on 25 October 2000 with the Charity Commission in England and Wales. The registered number is 03647389 and the charity number is 1083028. The charity is a public benefit entity.

The registered office of the charity is 7 Bournemouth Road, Chandler's Ford, Eastleigh, Hampshire, SO53 3DA.

NOTES TO THE ACCOUNTS FOR THE YEAR ENDED 31 OCTOBER 2020 (continued)

3 TOTAL INCOME

	Unrestricted funds £	Restricted funds £	Total funds 2020 £	Total funds 2019 £
Grants	15,755	45,800	61,555	59,623
Donations	11,139	-	11,139	1,995
Gift aid reclaimed	2,128	-	2,128	720
Other income	-	-	-	1,218
	29,022	45,800	74,822	63,556

4 HOPE PROJECTS

	Unrestricted funds £	Restricted funds £	Total funds 2020 £	Total funds 2019 £
Grant funded activities	24,516	40,352	64,868	65,642
Support costs	812	1,282	2,094	1,497
Accountancy and independent examination	220	346	566	583
	25,548	41,980	67,528	67,722

5 TOTAL EXPENDITURE

No director received any remuneration during this or the previous year. During the year reimbursed expenses relating to project costs of £3,760 (2019: £5,035) were paid to one trustee.

6 DEBTORS

	2020 £	2019 £
Gift aid recoverable	1,986	573
Prepayments	-	4,000
	1,986	4,573

7 CREDITORS: amounts falling due within one year

	2020 £	2019 £
Trade Creditors	10,566	583
Accruals	463	463
	11,029	1,046

NOTES TO THE ACCOUNTS FOR THE YEAR ENDED 31 OCTOBER 2020 (continued)

8 UNRESTRICTED FUNDS

	Funds brought forward £	Income £	Expenditure £	Funds carried forward £
General funds	2,278	29,022	(25,548)	5,752

9 RESTRICTED FUNDS

	Funds brought forward £	Income £	Expenditure £	Funds carried forward £
Education fund	-	22,800	(22,800)	-
RTTMP fund	2,400	-	-	2,400
HIV/Health	677	11,000	(7,436)	4,241
Farming and sustainable villages	116	12,000	(11,744)	372
	3,193	45,800	(41,980)	7,013

Education fund: The Nilgiris Adivasi Trust (NAT) and Friends of HOPE contribute to tribal school running costs and bursary support for students attending higher secondary schools. The above includes £20,350 of funding processed on behalf of NAT projects.

RTTMP fund: The Rejuvenation of Traditional Tribal Medicinal Practices fund supports traditional health projects and is encouraging the setting up of a self help health service in 60 villages.

HIV/Health fund: The funding for people living with HIV covers screening for both HIV and TB, counselling, vocational support and nutritional supplements.

Farming and sustainable villages: Encourages farmers to convert to organic farming practices and to restore goodness to the soil, thus helping to protect the natural environment.

10 ANALYSIS OF NET ASSETS BETWEEN FUNDS

	Unrestricted funds £	Restricted funds £	Total funds £
As at 31 October 2020			
Debtors	1,986	-	1,986
Bank and cash	14,795	7,013	21,808
Creditors	(11,029)	-	(11,029)
	5,752	7,013	12,765
As at 31 October 2019			
Debtors	4,573	-	4,573
Bank and cash	(1,249)	3,193	1,944
Creditors	(1,046)	-	(1,046)
	2,278	3,193	5,471