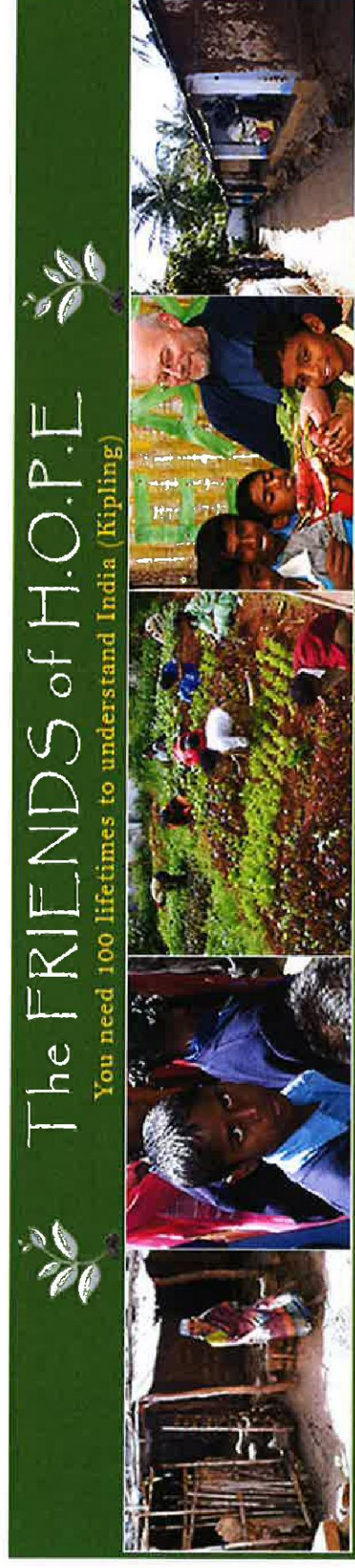


**THE FRIENDS OF H.O.P.E.  
(COMPANY NUMBER 3647389)**

**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.

## CONTENTS

|  |    |
|--|----|
| Executive summary.....   | 4  |
| Relationship between The Friends of H.O.P.E and its partners .....         | 5  |
| Poverty in the region .....  | 5  |
| COVID and its impact on farming and our work.....                          | 6  |
| COVID and its impact on our traditional health programme - the RTTMP ..... | 8  |
| COVID and its impact on people with HIV .....                              | 11 |
| Sustainable village project.....   | 13 |
| Eco Clubs and Education.....   | 14 |
| Financial Review.....  | 15 |
| Photo Gallery.....   | 16 |
| Governance and directors' responsibilities.....                            | 18 |
| Independent examiner's report.....   | 20 |
| Annual Accounts for the year ended 31 <sup>st</sup> October 2021.....      | 21 |

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

**REGISTERED COMPANY NUMBER** 3647389  
(incorporated: 9 October 1998)

**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

**REGISTERED CHARITY NUMBER** 1083028  
(registered: 25 October 2000)

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**ACCOUNTANTS**

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**BANKERS**

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## 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 70cm 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 via 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 Garikur 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

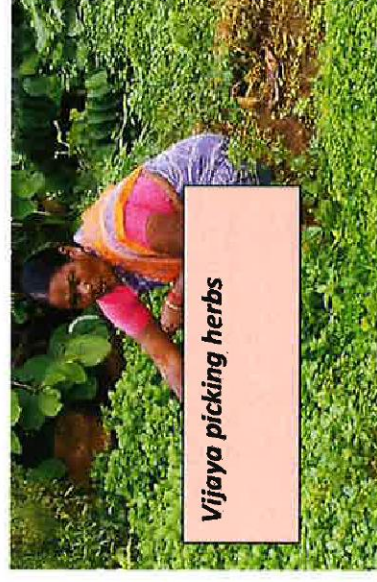
- Despite COVID, the RTTMP team has covered 49 out of the original 60 in the project
- Nutrition gardens established in 27 villages
- Monitoring of anaemia across 32 villages
- Basic health awareness presentations to 47 villages as the RTTMP team sought to empower more women
- Iron deficiency awareness 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 Ilmagizh (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.





## 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*





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 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.

*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.

### 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-dynamic 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.



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





**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 Kerala 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



## 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 (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

18/11/22



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

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

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

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

**BALANCE SHEET AT 31 OCTOBER 2021**

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

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



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) 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.

**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 (continued)****3 TOTAL INCOME**

|                    | Unrestricted<br>funds<br>£ | Restricted<br>funds<br>£ | Total<br>funds<br>2021<br>£ | Total<br>funds<br>2020<br>£ |
|--------------------|----------------------------|--------------------------|-----------------------------|-----------------------------|
| 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       | -                          | -                        | -                           | -                           |
|                    | <u>17,091</u>              | <u>12,689</u>            | <u>29,780</u>               | <u>74,822</u>               |

**4 HOPE PROJECTS**

|   | Unrestricted<br>funds<br>£ | Restricted<br>funds<br>£ | Total<br>funds<br>2021<br>£ | Total<br>funds<br>2020<br>£ |
|---|----------------------------|--------------------------|-----------------------------|-----------------------------|
| 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                         |
|   | <u>18,706</u>              | <u>7,039</u>             | <u>25,745</u>               | <u>67,528</u>               |

**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<br>£  | 2020<br>£    |
|----------------------|------------|--------------|
| Gift aid recoverable | 508        | 1,986        |
| Prepayments          | -          | -            |
|                      | <u>508</u> | <u>1,986</u> |

**7 CREDITORS: amounts falling due within one year**

|                 | 2021<br>£    | 2020<br>£     |
|-----------------|--------------|---------------|
| Trade Creditors | 1,016        | 10,566        |
| Accruals        | -            | 463           |
|                 | <u>1,016</u> | <u>11,029</u> |



**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 (continued)****8 UNRESTRICTED FUNDS**

|               | <b>Funds<br/>brought<br/>forward<br/>£</b> | <b>Income<br/>£</b> | <b>Expenditure<br/>£</b> | <b>Funds<br/>carried<br/>forward<br/>£</b> |
|---------------|--|---------------------|--------------------------|--|
| General funds | 5,752                                      | 17,091              | (18,706)                 | 4,137                                      |

**9 RESTRICTED FUNDS**

|                                  | <b>Funds<br/>brought<br/>forward<br/>£</b> | <b>Income<br/>£</b> | <b>Expenditure<br/>£</b> | <b>Funds<br/>carried<br/>forward<br/>£</b> |
|----------------------------------|--|---------------------|--------------------------|--|
| 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                                      |
|                                  | <b>7,013</b>                               | <b>12,689</b>       | <b>(7,039)</b>           | <b>12,663</b>                              |

**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**

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