

FRIENDS OF ASHA (GB)

England & Wales · Charity number 1085071

Details

Status Registered

Legal form Other

Registered 2001-02-20

Register [View on the Charity Commission register](#)

Contact

Address 36 Combe Street Lane
Yeovil
BA21 3PE

Phone 07881688182

Email foasha.richardhogben@gmail.com

Activities

Objects: (A) TO RELIEVE PERSONS WHO ARE IN CONDITIONS OF NEED OR HARDSHIP OR WHO ARE AGED OR SICK AND TO RELIEVE THE DISTRESS CAUSED THEREBY IN INDIA AND IN SUCH OTHER PARTS OF THE WORLD AS THE TRUSTEES MAY FROM TIME TO TIME THINK FIT (B) TO PROMOTE THE PROTECTION AND PRESERVATION OF GOOD HEALTH IN INDIA AND IN SUCH OTHER PARTS OF THE WORLD AS THE TRUSTEES MAY FROM TIME TO TIME THINK FIT (C) TO PROMOTE AND FULFIL SUCH OTHER PURPOSES WHICH ARE EXCLUSIVELY CHARITABLE ACCORDING TO THE LAW OF ENGLAND AND WALES AND ARE CONCERNED WITH THE CHARITABLE WORK OF THE CHARITY.

Activities: Working, primarily in partnership with the Asha Community Health & Development Society in Delhi's slums, to relieve the distress of people who are in need or hardship due to their circumstances or who are suffering because of age or sickness, to promote the protection and preservation of good health by providing affordable medical services and personal and community health education .

Classification

- **How:** Makes Grants To Organisations, Provides Human Resources
- **What:** General Charitable Purposes, The Advancement Of Health Or Saving Of Lives, The Prevention Or Relief Of Poverty, Economic/community Development/employment
- **Who:** Children/young People, Elderly/old People, Other Charities Or Voluntary Bodies

Geography

- **Area of benefit:** INDIA AND OTHER PARTS OF THE WORLD
- India

Finances

Period end	Income	Expenditure	Assets	Employees
2025-03-31	£210,216	£258,066	-	-
2024-03-31	£206,119	£109,117	-	-
2023-03-31	£213,273	£260,719	-	-
2022-03-31	£417,260	£368,797	-	-
2021-03-31	£238,483	£248,366	-	-

Trustees

Name	Role	Appointed
David Graham Finch	Chair	
Amanda Rachel Clegg		2016-11-05
David Briggs		2022-01-28
Dr RICHARD HOGBEN		2016-11-05
Helen Finch		
MR FREDDY MARTIN		
NIGEL IEUAN REES		2016-11-05
Paul Hamilton Weston		2016-11-05

FRIENDS OF ASHA (GB)

England & Wales - Charity number 1085071

Accounts

Registered Charity Number: 1085071

FRIENDS OF ASHA (GB)
CHARITY ACCOUNTS
FOR THE YEAR ENDED 31 MARCH 2025

FRIENDS OF ASHA (GB)

REFERENCE AND ADMINISTRATIVE INFORMATION

Trustees

The trustees during the year ended 31 March 2025 were as follows:

David Finch
Richard Hogben
Godfrey Martin
Helen Finch
Nigel Rees
Amanda Clegg
Paul Weston
David Briggs

Principal Address

36 Combe Street Lane, Yeovil, Somerset BA21 3PE

Independent Examiner

Bells Accountants, 10a High Street, Chislehurst, Kent, BR7 5AN

Charity Number

1085071

FRIENDS OF ASHA (GB)

REPORT OF THE TRUSTEES

Governing instrument

Trust deed dated 1 November 1999, amended by supplemental deed dated 9 January 2001.

New trustees are appointed by the board of trustees.

The charity is a trust consisting of 8 trustees.

Objectives and Activities

1. To relieve persons who are in conditions of need or hardship or who are aged or sick and to relieve the distress caused thereby in India and in such other parts of the world as the trustees may from time-to-time think fit.
2. To promote the protection and preservation of good health in India and in such other parts of the world as the trustees may from time to time think fit.
3. To promote and fulfil such other charitable purposes beneficial to the community in such locations as the charity may from time to time be operating.

The objects of the charity have been achieved by supporting the Asha Community Health & Development Society (hereinafter Asha) in its work with people living in the slums of Delhi. As shown in the accompanying accounting report, the income of the charity has derived from donations received and has been spent in pursuit of the charity's objectives.

Introduction

Friends of Asha Great Britain: Established in November 1999.

Friends of Asha (GB) has continued to raise funds and support the work of Asha this year. As expected, the very high response of donors during the Covid pandemic has not been matched again this year, however giving has been maintained. The trustees have continued to develop communication with donors using social media and email as well as attending a variety of fund-raising opportunities. The Hope and Spice book and merchandise continue to be well received.

Several of the trustees have visited this year to witness the work and use of Friends of Asha (GB) giving and to seek governance assurance. They were unanimously impressed and inspired by the visits. In addition, the trustees have actively sought and received assurance through a variety of channels. Links with Delhi have continued with regular contact with a variety of individuals including the Founder and Director and senior staff via Zoom, WhatsApp, email, telephone, and other technology links. This has proved an effective way for the trustees to give advice and to discharge their assurance role ensuring that the funds generated in Great Britain have been appropriately used for the benefit of the poor in India.

About Asha Society, New Delhi: Founded in 1988 by Dr. Kiran Martin—a paediatrician and visionary—Asha India is committed to transforming the lives of the urban poor in Delhi through an integrated model of Health, Education, Empowerment, Environment, Infrastructure, and Financial Inclusion. Asha works with over 100 slum communities, directly impacting the lives of one million residents. Central to Asha's mission is the belief in human dignity, equality, and the right to health and education for all. Through a rights-based approach and strong community-government partnerships, Asha continues to drive sustainable development and long-term poverty alleviation.

Friends of Asha – Great Britain: Established in 1999, Friends of Asha GB is a registered charity in UK acting as a committed Support Group and championing Asha India's transformative work across the United Kingdom. FOA(GB) raises awareness and mobilises resources to support holistic community development in Delhi's slums. We build partnerships, share powerful narratives, fund-raise and facilitate international engagement, ensuring that the spirit and impact of Asha's work resonate across borders.

FRIENDS OF ASHA (GB)

REPORT OF THE TRUSTEES cont'd

Asha's Interventions in the slums

Healthcare programme

Antenatal Care

In 2024–25, Asha achieved 100% antenatal coverage across slum communities, reaching 486 pregnant women.

Regular antenatal clinics included foetal monitoring, tetanus vaccination, and nutritional supplements (iron, calcium, folic acid). Each mother was issued a health card, and all received education on nutrition, hygiene, and family planning. Child survival rate stood at 98%.



Intrapartum Care

Asha's Community Health Volunteers (CHVs) ensured 100% safe and institutional deliveries, with 323 births under trained supervision. CHVs provided birth kits, facilitated hospital admissions, and accompanied women during labour. No maternal deaths were recorded over the past five years, and 95% of babies were born with healthy birth weight.

Postnatal Care

CHVs conducted 1,065 home visits, ensuring newborns were breastfed within six hours of birth and mothers received postnatal support, including supplements and regular check-ups. Mothers and infants were monitored for complications and referred when needed. Family involvement and maternal recovery were actively promoted.

Well-Baby Clinics

Asha conducted weekly clinics for children aged 0–5, focusing on nutrition, growth monitoring, and illness prevention. In 2024–25, 2,818 children were reached and regularly weighed, with underweight children receiving iron, zinc, and vitamin supplements. Individual health cards tracked each child's development.

Asha ensured over 95% immunisation coverage, following WHO guidelines and partnering with the Government of India for polio drops under the Pulse Polio Programme. These efforts protected children against life-threatening, preventable diseases.



Children's growth was tracked using "Road-to-Health" charts and mid-arm circumference measurements. Malnourished children received immediate care. All children received Vitamin A every six months, boosting immunity and reducing infection risks.

Mothers were educated on hygiene practices to prevent diarrhoea and respiratory infections. In collaboration with Mahila Mandals, Asha worked to improve sanitation infrastructure, promote clean environments, and ensure proper waste management.

FRIENDS OF ASHA (GB)

REPORT OF THE TRUSTEES cont'd

Family Planning & Reproductive Health

In 2024–25, 6,842 couples received counselling, with 4,389 adopting contraception (1,224 permanent, 3,165 temporary). Services included IUDs, oral pills, condoms, and injections. Special care was provided to individuals living with HIV/AIDS.

Menstrual Hygiene & RTI/STD Awareness

Asha conducted awareness sessions for adolescent girls and women on menstrual hygiene, reproductive tract infections, and sexually transmitted diseases, empowering them with knowledge for healthier lives.

Geriatric Care: Compassion for the Elderly

In 2024–25, Asha provided consistent medical care to 293 elderly residents across its slum communities. Services included health check-ups, medicines, and referrals for eye, ear, and orthopaedic care. Glasses and hearing aids were distributed based on medical need. Emotional well-being was supported through home visits, companionship, and practical help. The 'Love and Lunch' programme served daily hot meals to 159 elderly individuals, fostering connection and reducing loneliness.



Non-Communicable Chronic Disease Management

Respiratory Diseases

Asha treated 103 patients with asthma, COPD, and related conditions using inhalers, bronchodilators, nebulisation, and lifestyle education. Patients were advised on environmental triggers and supported with occupational guidance when necessary.



Diabetes Care



336 diabetic patients received regular monitoring (FBS, PPBS, HbA1C), medication, and lifestyle counselling. CHVs promoted balanced diets, physical activity, and adherence to treatment protocols.

FRIENDS OF ASHA (GB)

REPORT OF THE TRUSTEES cont'd

Hypertension Management

346 patients with high blood pressure were managed through medication, home monitoring, and dietary counselling. Emphasis was placed on smoking cessation, stress reduction, and sustained heart-healthy habits.



Dental and physiotherapy Care



Recognising the escalating healthcare needs of slum communities, Asha has significantly expanded the scope of its Polyclinic with two vital additions — a state-of-the-art Dental Clinic and a fully equipped Physiotherapy Unit. These new services mark a major stride toward comprehensive, inclusive healthcare delivery.

The Dental Clinic has already transformed lives by delivering critical oral healthcare to 258 patients, many of whom were receiving professional dental care for the first time in their lives. From pain relief to preventive care, the clinic has filled a long-standing gap in essential services. The clinic offers expert medical care led by a highly qualified doctor and is equipped with state-of-the-art facilities and advanced diagnostic tools.

Simultaneously, the Physiotherapy Unit has become a lifeline for 823 individuals, supporting recovery from strokes, injuries, and the management of chronic conditions such as arthritis and muscular disorders. By offering sustained rehabilitative care, this unit empowers patients to regain mobility, independence, and dignity.



Education Programme

Asha supported thousands of slum-based students through its Education Programme in 2024–25. The Asha Resource Centres served as academic hubs, benefiting 1,350 students monthly through IT labs and providing quiet study spaces to over 1,500 school students. The team also actively guided parents during PTMs on subject and career choices, bridging educational gaps for first-generation learners.

FRIENDS OF ASHA (GB)

REPORT OF THE TRUSTEES cont'd

Primary Education Programme

Asha ensured consistent school enrolment through documentation support, remedial classes, and mentoring. Parents were engaged to address barriers like child labour and gender bias, especially affecting girls.



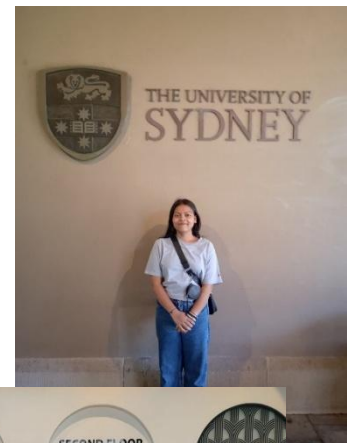
Higher Education Programme



In 2024–25, 250 students received university entrance exam coaching, 137 students secured undergraduate admission with Asha's support, and 84 students pursued distance education. Asha also facilitated para-medical (21) and technical (9) training programmes. Two students began their Master's studies.

International Higher Education

Three students pursued Master's degrees at the University of Sydney in 2024, while three others completed theirs—two from Sydney and one from Queensland. Two students are currently pursuing PhDs at the University of Melbourne, reflecting the success of Asha's global education initiative.



Internships: Professional Exposure

18 students from new Asha communities undertook internships with top organisations, gaining valuable skills, professional confidence, and career exposure.



Online English & IELTS Coaching

Students participated in online English classes led by mentors from the UK, USA, Ireland, and Australia. Specialised IELTS coaching and personalised mentorship helped them prepare for global academic opportunities.

FRIENDS OF ASHA (GB)

REPORT OF THE TRUSTEES cont'd

Empowerment Programmes

Women's Advocacy Groups

With 17 Women's groups and 470 members, Asha conducted 544 community meetings addressing issues like domestic violence, legal literacy, and sanitation. Women emerged as community changemakers through collective action and advocacy.



Children's Advocacy Groups

18 Children's Advocacy Groups with 575 members made 223 official visits, promoting civic awareness, rights advocacy, and leadership skills among children aged 6–13.



Youth Groups

Launched in 2024, 15 youth groups with 403 adolescents received academic and digital literacy support, life skills coaching, and leadership development.



The Asha Way of Life

Asha's programmes are grounded in core values—gratitude, compassion, dignity, justice, joy, simplicity, generosity, non-violence, affirmation, and the power of touch—infusing all relationships and services with purpose and humanity.

Global Visitors and Dignitaries

Helen Finch, Trustee of Friends of Asha Great Britain along with a team of nurses, visited Asha in February 2025 and conducted Health clinics at Kalkaji. The clinics greatly benefitted the community and contributed to rich experience sharing for the Asha team. She was joined by the Chair Dr David Finch. During the year, another trustee Amanda Clegg visited to support the work and further strengthened the FOA(GB) assurance function.

In February 2025, Asha welcomed a delegation comprising of teachers and students from the Discovery Schools Trust (UK). The group was led by FOA(GB) Trustee David Briggs. Their immersive seven-day experience in the Seelampur community provided an enriching platform for deep engagement with children and women in the communities. Through a series of interactive workshops, storytelling sessions, games, and recreational activities, participants experienced a joyful and stimulating environment that nurtured creativity and learning. These initiatives not only promoted cognitive and emotional development among children but also created safe and inclusive spaces for women to connect, express themselves, and build supportive cross-cultural networks. Their presence not only uplifted spirits but also reaffirmed the global unity and compassion that underpins Asha's mission.

FRIENDS OF ASHA (GB)

REPORT OF THE TRUSTEES cont'd

In March 2025, Asha was honoured to welcome Danny Leitch, Founder and Co-Partner of Gridlines—a global leader in financial modelling and audit services—along with his colleague. Following a warm orientation at Asha's Headquarters, the visitors proceeded to Kusumpur Pahadi slum community, where they spent a deeply engaging and inspiring day.

Conclusion

Friends of Asha (GB) has maintained its previous income this year, however the level of need in Delhi has increased further. The trustees have been impressed and inspired by the remarkable courage and efforts made by the wider Asha team to care for so many people in such difficult circumstances, and we commend the work of Asha.

Reserves policy

It is the policy of Friends of Asha (GB) not to retain significant reserves but to distribute income when appropriate recipients and projects are identified.

Dr D Finch - Chair
12 January 2026

FRIENDS OF ASHA (GB)

Independent Examiner's Report to the Trustees of Friends of Asha (GB)

I report on the accounts of the Trust for the year ended 31 March 2025, which are set out on pages 11 to 13.

Respective responsibilities of the trustees and examiner

The charity's trustees are responsible for the preparation of the accounts. The Charity's trustees consider that an audit is not required for this year (under section 144(2) of the Charities Act 2011 (the 2011 Act)) and that an independent examination is needed.

It is my responsibility to:

- examine the accounts (under section 145 of the 2011 Act):
- to follow the procedures laid down in the General Directions given by the Charity Commissioners (under section 145(5)(b) of the 2011 Act): and
- to state whether particular matters have come to my attention.

Basis of independent examiner's report

My examination was carried out in accordance with the General Directions given by the Charity Commissioners. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosure in the accounts and seeking explanations from you as trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently no opinion as to whether the accounts present a 'true and fair view' and the report is limited to those matters set out in the statement below.

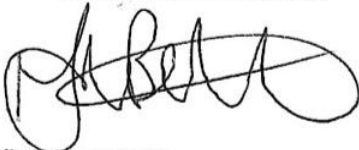
Independent examiner's statement

In connection with my examination, no matter has come to my attention.

- (1) which gives me reasonable cause to believe that in any material respect the requirements
- to keep accounting records in accordance with section s130 of the 2011 Act: and
 - to prepare accounts which accord with the accounting records and to comply with the accounting requirements of the 2011 Act

have not been met; or

- (2) to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.



Bells Accountants
10a High Street
Chislehurst
Kent
BR7 6LH

11 January 2026

FRIENDS OF ASHA (GB)

RECEIPTS AND PAYMENTS ACCOUNT FOR THE YEAR ENDED 31 MARCH 2025

	Unrestricted Funds	Restricted Funds	Total Funds 2025	Total Funds 2024
	£	£	£	£
Receipts				
Donations received	184,935	14,000	198,935	195,605
Tax reclaimed	<u>11,281</u>	<u>-</u>	<u>11,281</u>	<u>10,514</u>
Total receipts	<u>196,216</u>	<u>14,000</u>	<u>210,216</u>	<u>206,119</u>
Payments				
Charitable expenditure				
<i>Direct charitable expenditure</i>				
Grants payable	-	251,326	251,326	100,000
Stall fee	35		35	120
<i>Support costs</i>				
<i>Administration:</i>				
Postage and stationery	39		39	38
Insurance	301		301	301
Bank charges	204		204	176
Advertising/marketing	1,800		1,800	2,069
Office and computer expenses	144		144	145
Professional fees	714		714	2,546
Travel	2,483		2,483	2,762
Sundries	<u>60</u>	<u>-</u>	<u>60</u>	<u>60</u>
	<u>5,780</u>	<u>251,326</u>	<u>257,106</u>	<u>108,217</u>
<i>Governance costs:</i>				
Accountancy fees	<u>960</u>	<u>-</u>	<u>960</u>	<u>900</u>
Total payments	<u>6,740</u>	<u>251,326</u>	<u>258,066</u>	<u>109,117</u>
Net receipts/(payments)	<u>189,476</u>	<u>(237,326)</u>	<u>(47,850)</u>	<u>97,002</u>
Cash and bank balances b/f			<u>126,455</u>	<u>29,453</u>
Cash and bank balances c/f			<u>78,605</u>	<u>126,455</u>

FRIENDS OF ASHA (GB)

STATEMENTS OF ASSETS AND LIABILITIES AS AT 31 MARCH 2025

	2025 £	2024 £
Cash funds		
Bank current account	78,605	126,455
	<u> </u>	<u> </u>
Assets retained for own use		
Tax refundable	17,186	11,282
	<u> </u>	<u> </u>
Liabilities		
Accountancy fees	(960)	(960)
	<u> </u>	<u> </u>

We approve the accounts on pages 11 to 13 and confirm that we have made available all relevant records and information for their compilation.

Signed on behalf of the trustees

Dr D Finch
Trustee

12 January 2026

FRIENDS OF ASHA (GB)

NOTES TO THE RECEIPTS AND PAYMENTS ACCOUNT FOR THE YEAR ENDED 31 MARCH 2025

1 Restricted funds

These represent specific gifts from supporters towards various programmes undertaken by Asha. The amount comprises:

	2025	2024
	£	£
Training and education	5,000	2,600
Riverbed project	9,000	19,500
	<hr/>	<hr/>
	14,000	22,100
	<hr/> <hr/>	<hr/> <hr/>

2 Trustees' transactions

There were no transactions with trustees during the year that require disclosure.

FRIENDS OF ASHA (GB)

England & Wales - Charity number 1085071

Accounts

Registered Charity Number: 1085071

FRIENDS OF ASHA (GB)
CHARITY ACCOUNTS
FOR THE YEAR ENDED 31 MARCH 2024

FRIENDS OF ASHA (GB)

REFERENCE AND ADMINISTRATIVE INFORMATION

Trustees

The trustees during the year ended 31 March 2024 were as follows:

David Finch
Richard Hogben
Godfrey Martin
Helen Finch
Nigel Rees
Amanda Clegg
Paul Weston
David Briggs

Principal Address

36 Combe Street Lane, Yeovil, Somerset BA21 3PE

Independent Examiner

Bells Accountants, 10a High Street, Chislehurst, Kent, BR7 5AN

Charity Number

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FRIENDS OF ASHA (GB)

REPORT OF THE TRUSTEES

Governing instrument

Trust deed dated 1 November 1999, amended by supplemental deed dated 9 January 2001.
New trustees are appointed by the board of trustees.
The charity is a trust consisting of 8 trustees.

Objectives and Activities

1. To relieve persons who are in conditions of need or hardship or who are aged or sick and to relieve the distress caused thereby in India and in such other parts of the world as the trustees may from time-to-time think fit.
2. To promote the protection and preservation of good health in India and in such other parts of the world as the trustees may from time to time think fit.
3. To promote and fulfil such other charitable purposes beneficial to the community in such locations as the charity may from time to time be operating.

The objects of the charity have been achieved by supporting the Asha Community Health & Development Society (hereinafter Asha) in its work with people living in the slums of Delhi. As shown in the accompanying accounting report, the income of the charity has derived from donations received and has been spent in pursuit of the charity's objectives.

Introduction

Friends of Asha Great Britain: Established in November 1999.

Friends of Asha (GB) is dedicated to promoting the far-reaching work of Asha India in Great Britain and raising awareness about Asha's effective strategies for poverty reduction in New Delhi, India.

Asha India focuses on holistic community development to empower residents of Delhi's slums to create sustainable improvements in the lives of the urban poor in Delhi, India. Friends of Asha (GB) supports these initiatives by fundraising, fostering partnerships, and sharing success stories to inspire broader support and engagement.

Friends of Asha(GB) has continued to raise funds and support the work of Asha this year. The trustees have further developed communication with donors using social media and email as well as attending a variety of fund-raising opportunities. The Hope and Spice book and merchandise continue to be well received.

Several of the trustees have visited this year to join with Asha to celebrate 35 years of the charity's work and to witness the work and use of Friends of Asha(GB) giving and to seek governance assurance.

Once again, they were unanimously impressed and inspired by the visits. In addition, the trustees have actively sought and received assurance through a variety of channels. Links with Delhi have continued with regular contact with a variety of individuals including the Founder and Director and senior staff via Zoom, WhatsApp, email, telephone, and other technology links. This has proved an effective way for the trustees to give advice and to discharge their assurance role ensuring that the funds generated in Great Britain have been appropriately used for the benefit of the poor in India. The following is a summary of the work of Asha and our findings this year.

About Asha India: Asha was founded in 1988 under the stewardship of Dr Kiran Martin- Founder and Director and paediatrician by profession. Asha India is dedicated to improving the lives of the urban poor through programmes covering Health, Education, Empowerment, Environment, Infrastructure development and financial inclusion., Asha works amongst 700,000 slum inhabitants covering 95 slums in Delhi. Asha's interventions focus on the rights of slum dwellers, and it works in partnership with the communities and the Government to bring about long term poverty reduction and positive change.

FRIENDS OF ASHA (GB)

REPORT OF THE TRUSTEES cont'd

Asha India's activities in the year 2023-24:-

Healthcare:

Asha's Healthcare Program provided comprehensive care to slum residents across Asha communities through a three-tier service delivery model. Asha's focus ranged from young children to the elderly, addressing various healthcare needs and ensured access to essential treatments. In tier one, women living and working in the slums trained as Community Health Volunteers (CHVs) regularly visited and monitored the health of people in their communities. In the second tier, senior nurse practitioners and paramedic staff treated the community residents at Asha clinics located at the heart of the slums. CHVs accompanied the patients to the clinics where their ailments were diagnosed, and they were provided free treatment and medicines. In the third tier, the Asha Polyclinic, with facilities like well-equipped diagnostic labs, X-Ray, ECG, and ultrasound, in addition to the full-time services of a specialist doctor, ensured that the slum community residents were provided with advanced healthcare services and pathological tests. The advanced diagnostic facilities at Asha Polyclinic were made available to the slum community residents through weekly sample collection. A robust referral system complemented Asha's healthcare services, and the Asha team referred the people who needed advanced specialist healthcare to reputable public and private hospitals in Delhi based on Asha's knowledge and network of specialist doctors. Asha's healthcare Programme resulted in better health seeking behaviour across the slum communities.

Asha's Healthcare services include:

Maternal and Newborn Healthcare.

Antenatal Care (ANC): Regular Antenatal clinics for expectant mothers were conducted including foetal growth monitoring through ultrasound and foetal heartbeat, weight check, and vaccination against tetanus. The team maintained individual health cards to indicate the follow-up treatments, including the distribution of medicines and supplements, like iron, vitamins, calcium, and folic acid. The Asha health team also educated pregnant women on the importance of having a nutritious diet, family planning and personal hygiene. It was ensured that 100% of pregnant women across Asha slums underwent best practice advice of three ANC check-ups. 552 pregnant women were provided ANC coverage during the year.

Intra partum Care: The Asha Community Health Volunteers were actively involved in educating and encouraging pregnant women to deliver at certified healthcare facilities or homes only in the presence of a trained nurse or midwives/trained birth attendants. They worked to ensure that every pregnant woman in the slum had a safe delivery overseeing the delivery complications and cases of high-risk pregnancies and strictly banning the services of untrained medical practitioners. Each expectant mother was given a birth kit during the last trimester. The CHVs ensured that the ladies were admitted to the hospitals on the advised dates for delivery. They also educated pregnant women to identify the symptoms of labour and unusual pain and always accompanied them to the hospitals for delivery. 100% of deliveries carried out were either Institutional or under the supervision of trained birth attendants. There were 320 deliveries during the year. The Child Survival Rate at Asha was almost 98%. This year, 93% of children were born with normal birth weight. (2.5 kg and above.) There has been no maternal mortality death across Asha slums in the last five years.

Post Natal: The Asha CHVs ensured that every newborn received their mother's milk within 6 hours after delivery. They educated the new mothers on best breastfeeding practices, personal hygiene, and proper newborn care. They also ensured that the women continued the intake of iron, folic acid, vitamin, and calcium supplements after delivery. The Asha health team made the Child Health Card for every newborn during the first postnatal home visit. The postnatal home visits were continued for six weeks after delivery. During these visits, the health team checked the mother's health status by monitoring the blood pressure, pulse rate and identified post-delivery complications like anaemia and made follow-up treatments and ensured immediate referral to services. The team also monitored that the newborns were free of any potential health complications, regularly breastfed, and received good care from the mother. The team educated the family members on the importance of caring for the mother and child to avoid many health complications in low-resource settings. CHVs conducted home visits as per schedule for adequate postnatal care. 100% of children were breastfed within 6 hours after birth. 978 Post natal visits were conducted during the year.

FRIENDS OF ASHA (GB)

REPORT OF THE TRUSTEES cont'd

Activities conducted under the immunity-building programme for pregnant and lactating women.

Immunity-building programme: During the reporting period, the Asha team continued the unique immunity-building programme for pregnant and lactating women through Vitamin supplements, Vitamin D injections and individual advice on a balanced diet and nutrition. The regular follow-up health care services by the Asha team have reduced the cases of infections and diseases among pregnant and new mothers. It was evident that women have started taking self-initiative to seek medical aid when they encountered any health problems.

Activities conducted under the Child Health Care programme

Well-Baby Clinics: Asha health team conducted well-baby clinics every week to cater to the health needs of young children in the slum. The primary focus was on improving the nutritional and health status of the children from 0-5 years and reducing mortality, morbidity, and malnutrition along with growth monitoring. Every child's weight was checked, and children below the average weight were given iron, zinc, and vitamin supplements. Individual health cards were maintained for every child. This year Asha reached 2708 children through Well-Baby clinics.

Immunisation: The Asha Team ensured that the children between 0-5 years in the slum received routine immunisation as per the WHO protocol against the ten preventable diseases. Asha also collaborated with the Government of India to administer polio drops to children from 0-5 years as per the schedule of the Pulse Polio Programme across its slum communities to contribute to the mission of Polio free India. Children from the Asha communities have received 100% BCG, 98% Polio (OPV & IPV), 99% Penta and 86% MMR vaccination, 99% Rotavirus vaccination and 100% Hepatitis B vaccination.

Growth Monitoring: Every child's growth was monitored regularly by measuring their height and weight and recorded in the prescribed "Road-To-Health" chart. The cases of malnutrition among the kids were identified by measuring each child's mid-arm circumference using a MAC band. The identified malnourished children were advised appropriate remedial measures.

Vitamin A supplementation: Asha's healthcare team have ensured that all the children in the 0–5-year age group receive Vitamin A supplementation every six months as per schedule. 2600 children received Vitamin A supplementation at Asha during the project period. The rate of Vitamin A supplementation rate at Asha is almost 99%.

Prevention of Infections and Diseases: The Asha Health team continued educating the mothers on preventing common infectious diseases like diarrhoea, respiratory infections, and viral fevers among young children by maintaining hygiene and cleaning the surroundings. The team always motivated the slum dwellers to use clean drinking water, avoid open defaecation and follow hygienic practices. Asha team and the Mahila Mandal members ensured cleanliness and sanitation of their respective communities including drains and public toilets through regular follow up with the local sanitary inspectors.

Activities conducted under Sexual and Reproductive Health and Family Planning Services

Counselling on Family planning practices: The Asha health team provided family planning advice to couples, mainly the newly married, and distributed IUDs, condoms, oral pills and injections. The team also attended to the needs of the people living with HIV/AIDS, understanding their situation, individual needs, and choices. This year, Asha's Sexual and Reproductive Health Care reached 6588 eligible couples in the reproductive age group. Of this, 1831 opted for permanent birth control methods, and 2525 opted for temporary measures. In total, 4356 couples adopted family planning methods.

Awareness creation on Menstrual Hygiene, Reproductive Tract Infections and STDs: Individual education/group meetings were conducted for young adolescent girls and women across the Asha slums and distributed feminine hygiene products and explained healthy hygienic practices to prevent infections and identify the symptoms of diseases and seek early medical help.

FRIENDS OF ASHA (GB)

REPORT OF THE TRUSTEES cont'd

Activities conducted to control malnutrition and anaemia among women and children

Special Clinics to take care of anaemia and malnutrition amongst women: To combat cases of malnutrition and anaemia, especially amongst pregnant women, the Asha team dedicated a day every week to running a special clinic to screen and treat malnourishment and anaemia among children and women across its slum communities. After measuring their BMI and haemoglobin count, they provided the identified malnourished and anaemic women with a required dose of vitamins, minerals, Iron, Zinc and Calcium supplements. This year, Asha reached 142 women and girls through the malnutrition clinics.

Special Clinics to Prevent Malnourishment among Children: To combat malnutrition amongst children, Asha's healthcare team ensured that they were regularly taking calcium, minerals and vitamins and monitored their growth through weight checks from time to time. They also advised the parents of such children to provide them with balanced, nutritious and cheap protein diets, including eggs, milk, fruits and soyabeans. This unique Asha intervention on malnourishment and anaemia management among children helped to reduce the incidence of malnutrition and anaemia across its slum communities. 90% of children across the Asha slums were born healthy.

Geriatric Care: Asha regularly organised care of older people clinics across its programme areas. Complete medical check-ups were conducted, and medicines and supplements were provided. Patients with eye, ear or orthopaedic-related problems were referred to the hospital for treatment, accompanied by an Asha CHV. Asha provided glasses and hearing aids on the recommendation of medical experts. The mental and emotional well-being of the older people were also taken care of. The Asha health team and the ambassadors made regular home visits, spent time and engaged in conversation and helped them in their daily activities. This year Asha reached 293 older people through the geriatric care programme.

Asha continued its unique food programme for the older people across the communities. Appropriately titled "Love and Lunch", the needy and abandoned older people visited the centre and were warmly welcomed by the Asha team. The elderly who were sick or unable to walk to the centre were accompanied to the centre by young student ambassadors. After the Meet and Greet session, where the older people talked to each other and shared their individual experiences, the Asha team provided them with freshly prepared, hot, nutritious meals with tender love and warmth. The menu for the meal was decided in advance, keeping in mind the health and nutrition requirements of the elderly. Before the meal, there was a prayer led by the Asha Team Leader to ask for God's blessings. After the prayer, everyone enjoyed the meal together. After the meal, they were accompanied to the washing area, and the Asha team helped them to wash their hands and clean their utensils. Special care ensured that the entire environment was filled with enjoyment, joy, love and spontaneity. Ultimately, the elderly members were given a warm send-off with a sweet hug by an Asha team member to their house. This gesture of love, care and affection filled their heart, and they looked forward to this interaction every day with much eagerness and expectation as it helped them to remove their loneliness.

This noble initiative by Asha also provided a platform for the elderly to create a space to express themselves and for the Asha team to show gratitude and respect to the community's senior members as well as promoting healthy ageing. The 'Love and Lunch' programme was also an occasion for the elderly to interact with each other, share their problems and help their loneliness. 158 older people across Asha's project locations were covered under Asha's Love and Lunch six days a week.

Non-Communicable Chronic Disease Management

Asthma and COPD: Based on the severity of their condition, patients were treated with bronchodilators and inhalers and Rotacaps. Nebulisers were used as needed. Team members explored triggers such as occupational hazards and advised a change of occupation if necessary. They explained the value of a balanced, nutritious diet with fruits and vegetables. They advised patients to avoid smoking and cooking with biomass (wood and animal waste) fuel when possible. This year Asha reached over 250 patients for treatment of respiratory diseases.

Diabetes: Asha Health team monitored fasting and postprandial blood sugar levels and the more useful measure of the average blood sugar level, HbA1C. Regular diabetes review with relevant tests was conducted for the patients. Hypoglycemic drugs were given as needed. Patients with comorbidities were carefully monitored and treated. CHVs emphasised that a balanced diet, proper lifestyle management, and exercise are as important as medication for diabetes control.

This year, Asha's diabetes care programme covered 336 persons.

FRIENDS OF ASHA (GB)

REPORT OF THE TRUSTEES cont'd

Hypertension: Treatment was given with anti-hypertensive drugs. Asha teams monitored blood pressure and medication adherence during home visits, sensitising patients to reduce cardiovascular risk through smoking cessation and a balanced diet to lower cholesterol. Asha's healthcare team recommended diets rich in magnesium, potassium, and fibre, reduced salt intake, and regular exercise for hypertension management. This year, Asha reached 346 persons through a hypertension management programme.

Building Immunity for the Community Residents: Building immunity has been one of the critical ways of preventing severe infections. The Asha health team focused on building immunity among its slum residents. As part of the programme, Asha provided Vitamin D injections to all the residents across the slum communities except children. Treating low Vitamin D levels has been proven by experts worldwide as a great immunity builder. The community members, especially the more vulnerable, elderly, and sick patients, were provided micronutrients to enhance their immunity. CHVs conducted house-to-house visits to distribute these supplements and ensured they were being consumed. Along with Vitamin D injections, the Asha team also advocated exercise, a balanced and healthy diet, adequate sleep, reduced stress, and controlling the consumption of tobacco and alcohol to boost immunity levels.

Asha Polyclinic and Diagnostic Centre: Advanced Healthcare, including Diagnostics, laboratory tests, ultrasound, X-Ray, ECG and services of a Specialist Doctor were available at Asha Polyclinic, the Tier III of Asha's Healthcare Model. 3911 patients were registered for treatment, 2753 patients had undergone laboratory tests, 1016 patients had ultrasound, 205 patients had X-Ray during the year.

Asha's Higher Education Programme

Asha's higher education programme started in the year 2008 and so far has resulted in more than 5,100 students receiving University education along with more than 700 students covered under vocational and skill development programmes. To enhance the academic pathways for students, the Asha Education team began attending Parent Teacher meetings at schools. This initiative aimed to help students make informed decisions about their senior secondary class subjects, considering their aptitude, merit, and market demand. It was crucial because the parents and family members of these students often lacked the educational background needed to guide them in making the best academic choices.

The Asha resource centres acted as the hub of higher education for the slum students. The identified Asha students were provided with the necessary academic support such as sample test papers, supplementary text materials, and regular mock exams so that they could thoroughly prepare for their crucial board exams and achieve excellent grades. The students utilised the facilities at the advanced IT Labs to enhance their IT skills and complete their assignments. The resource centre provided the necessary academic environment to the students, which they missed at their homes. This year, Asha supported 1400 school students with study spaces. In addition, around 1200 students benefitted from the seven functioning IT Labs every month.

The Common University Entrance Test (CUET) continued to present a difficult challenge for the Asha community students. Added to that, difficulties in accessing tertiary education for the students from the slum community and the severe financial crisis made the parents reluctant to send their children for a college education. The problem was more acute for girls due to the societal mindset conditioned by patriarchy. The Asha team and the Ambassadors counselled and motivated the students, parents and their families regarding the benefits of college education and promising career opportunities, which will help them break the poverty cycle. The parents were also convinced that Asha would provide the necessary financial support to the students to secure college admission. After securing the parent's consent, the next big challenge was to have the required documentation for the student. Asha student ambassadors visited the Government departments along with the students before the final school results were declared to procure these necessary documents and certificates required for admission.

After ensuring that the students were ready for university admission with their parent's consent and the necessary documents, the Asha team and the student ambassadors helped them step by step in the CUET enrolment process and supported them by paying their examination fees.

After the CUET results were declared, the next step was to guide the students and take them through the online admission process of the University based on their CUET results. Asha's team and the ambassadors also helped the students with course and college selection. The entire admission process for the students was conducted at the Asha resource centres. Asha team also helped needy and deserving students secure admission in vocational and skill development programmes like Information technology, Nursing, Lab Technician, etc. During the year, 250 students were supported for CUET.

FRIENDS OF ASHA (GB)

REPORT OF THE TRUSTEES cont'd

There were 60 regular University admissions and 87 girls gained admission to the undergraduate degree through the Non-Collegiate Women's Education Board. 65 students were enrolled in Open School in the year 2023-24. 15 students were enrolled for the vocational and skill development programmes. 43 college students were enrolled for upskilling computer courses during the year.

Currently, four students are pursuing Master's Programmes through scholarships in the University of Sydney, one student is pursuing Master's in University of Queensland and two students are pursuing PhD in University of Melbourne.

Internship Programme: Internship opportunities were provided to the meritorious students from the new slum communities. The internship opportunity helped the selected students develop professional skills and exposed them to working in an International, multicultural work environment. 18 Internships were provided to Asha students during the year.

Online English Classes: Expert English teachers and professionals who were Friends and Supporters of Asha from different countries like the UK, Ireland, USA and Australia mentored Asha students to improve their conversational and academic English skills. Also, they provided specialised training for the IELTS examination for students selected to pursue Masters's Programmes in prestigious Universities abroad through Asha scholarships.

Empowerment Programme

Activities conducted by the Asha's Women's Group (Mahila Mandal)

Women's Group Meetings: The Asha team facilitated the Women's Group (Mahila Mandal) meetings, where the women were encouraged to discuss significant community issues and challenges and find possible solutions. The members discussed issues like domestic violence, cleanliness and sanitisation, health concerns like bacterial and viral infections and specific health complications and the economic hardships faced by the community. The discussions helped the Asha team make an appropriate working strategy to solve the community welfare challenges with participation of all stakeholders. The Mahila Mandal Members also supported the Asha Community Health Volunteers in identifying pregnant women. The Mahila Mandal members conducted visits to the homes of the elderly and sick. The Mahila Mandal meetings were organised weekly. 11 Mahila Mandals are registered across Asha slums consisting of 361 members. 377 such meetings were organised during the year across the Asha slums. The Asha Mahila Mandals are also great examples of community ownership of Asha programmes leading to long term sustainability.

The following activities were conducted during the Women's Group Meetings:

Raising awareness of primary healthcare activities: The Asha team conducted awareness sessions for the members of the Mahila Mandal, covering information on infections and diseases, access to healthcare and promoting health-seeking behaviour.

Training on Women's Rights: The Asha team conducted training sessions to educate the women leaders on issues like domestic violence, child abuse, adolescent problems, reproductive rights of women and other relevant issues so that they can identify such problems and build confidence in the women and the children in the slum to seek legal and medical aid if such incidence occurs.

Advocacy and lobbying for slum infrastructure development: Asha staff and the Mahila Mandal members continued lobbying with government officials and elected leaders like the local MLA to solve community problems and challenges. The team continued to support the women's groups to fight for getting community infrastructures like wide roads, drains, water supply, cleanliness and sanitation, and access to social security benefits, especially for the elderly, women, and specially abled persons.

FRIENDS OF ASHA (GB)

REPORT OF THE TRUSTEES cont'd

The Asha's Women's Group members across slum Communities maintained their relationships and lobby with the external stakeholders to fulfil various fundamental rights of the slum dwellers, especially in areas of Health, Education and Social security. The stakeholders covered included-

- Locally elected politicians-MLAs, Municipal Councillors.
- Government officials.
- Officials of the Slum Development Board, Delhi (slum development engineers, water and electricity officials and sanitary inspectors)
- Police authorities, representatives of the Crime Against Women Cell and Women's Commission.
- Officials of the Fair Price Shops
- Local School Authorities
- Public and private healthcare providers and hospitals.

Mahila Mandals conducted 160 visits to different Govt. offices to find solutions to the community issues in the slums.

Bal Mandal (Children's Group): Asha's Bal Mandal (Children's Group) is the forum for children aged 6-14 years across the slum communities. The Asha centre is the hub of the Bal Mandal. The children learnt about life skills, participated in creative and educational activities in a fun learning mode, completed their homework after school, read story books in the well-resourced library, learnt computer skills and did many other activities which contributed to their physical and mental development. There are 13 Bal Mandal groups consisting of 415 members across the Asha communities.

Practising the Asha Way of Life: "Asha Way of Life" is more than a concept; it's a heartfelt journey embraced by Asha's team and their communities. Dedicated to instilling profound life values, they weave gratitude, compassion, joy, affirmation, non-violence, and generosity into every thematic intervention. The "Asha Way of Life," created a bond of unity and togetherness. The Asha team, along with Mahila and Bal Mandal members and student ambassadors, practiced the "Asha Way of Life" in the community through various initiatives, embodying the spirit of love, care, and unwavering support.

Celebrating Asha's 35th Anniversary: A Week of Joy and Reflection

In marking the splendid thirty-five years of Asha's work in the Delhi slums, a week-long celebration was held, filled with various events that brought together the global Asha family including Trustees and Board Members from Friends of Asha GB, Ireland, USA and Australian Friends of Asha, Long time Supporters and Volunteers alongside Asha's team, Women's group members, Community Health Volunteers (CHVs), students, and alumnae, the celebration provided an opportunity to reflect on past achievements and plan about the future.

Reception at the British High Commissioner's Residence

The festivities began on 19 February 2024 with a delightful reception hosted by the British High Commissioner to India, His Excellency Alex Ellis who addressed the gathering, celebrating Asha's journey of 35 years in the slums of Delhi. CHV Meena shared her inspiring story, and Asha alumnus Abhishek recounted his journey from a one-room shanty to studying in Australia. Members of Asha global family and long-term supporters also shared their reflections and words of encouragement. The evening ended with everyone enjoying delicious Indian food prepared by the Asha team and community women.

Inauguration of the New Asha Centre

The week saw the inauguration of a new Asha Centre in the Vivekananda Slum Colony. The ribbon-cutting ceremony was filled with excitement, highlighting the promise and potential of this new facility. The centre will have an IT lab and a dedicated study space for students, providing much-needed resources for educational development. Additionally, it will serve as a meeting place for children's and women's groups, fostering community engagement and support. This new centre is a significant step forward in enhancing educational opportunities and community cohesion in the area.

FRIENDS OF ASHA (GB)

REPORT OF THE TRUSTEES cont'd

Community Celebration at Mayapuri Slum

A vibrant community celebration took place in Mayapuri slum community under a colorful marquee, bringing together representatives from all Asha communities, global Asha family and the team. The event was filled with inspiring speeches and honoured Asha team members who have dedicated over 20 years of service. Attendees were also treated to wonderful dance performances, contributing to the joyous atmosphere. The celebration concluded with a delicious lunch, enhancing the sense of community and festivity.

Grand Finale

The week concluded on Friday, February 23, 2024, with a gala evening that offered a rich and varied program. Attendees were treated to a series of speeches, personal reflections, and a video montage highlighting Asha's journey and accomplishments. The evening's entertainment included singing, recitations of Urdu poetry, and dancing, creating a vibrant and celebratory atmosphere.

The Asha team and graduates took the opportunity to express their gratitude to Dr. Kiran, conveying their appreciation for her dedication. Additionally, the event honored supporters from various walks of life, recognising their significant contributions to Asha's mission and ongoing work. This finale gala served as a testament to the impact of Asha's initiatives and the community's collective effort towards its success.

Visitors during the year:

A Discovery Schools Trust team from Leicestershire, UK spent 5 days in the Asha Seelampur community. Their time brought joy to the children and women through singing, dancing, participative edutainment and creative activities with the children and community engagement.

Conclusion

Friends of Asha(GB) has seen a significant increase in income this year, however the level of need in Delhi has increased much more. We are very grateful for the generosity of donors responding to the tragic impact of the Covid pandemic. The trustees have been impressed and inspired by the remarkable courage and efforts made by the wider Asha team to care for so many people in such difficult circumstances and we commend the work of Asha.

Reserves policy

It is the policy of Friends of Asha (GB) not to retain significant reserves but to distribute income when appropriate recipients and projects are identified.



Dr D Finch - Chair
12 January 2025

FRIENDS OF ASHA (GB)

Independent Examiner's Report to the Trustees of Friends of Asha (GB)

I report on the accounts of the Trust for the year ended 31 March 2024, which are set out on pages 11 to 13.

Respective responsibilities of the trustees and examiner

The charity's trustees are responsible for the preparation of the accounts. The Charity's trustees consider that an audit is not required for this year (under section 144(2) of the Charities Act 2011 (the 2011 Act)) and that an independent examination is needed.

It is my responsibility to:

- examine the accounts (under section 145 of the 2011 Act);
- to follow the procedures laid down in the General Directions given by the Charity Commissioners (under section 145(5)(b) of the 2011 Act); and
- to state whether particular matters have come to my attention.

Basis of independent examiner's report

My examination was carried out in accordance with the General Directions given by the Charity Commissioners. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosure in the accounts and seeking explanations from you as trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently no opinion as to whether the accounts present a 'true and fair view' and the report is limited to those matters set out in the statement below.

Independent examiner's statement

In connection with my examination, no matter has come to my attention.

- (1) which gives me reasonable cause to believe that in any material respect the requirements
- to keep accounting records in accordance with section s130 of the 2011 Act; and
 - to prepare accounts which accord with the accounting records and to comply with the accounting requirements of the 2011 Act

have not been met; or.

- (2) to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

Bells Accountants
10a High Street
Chislehurst
Kent
BR7 6LH

December 2024

FRIENDS OF ASHA (GB)

RECEIPTS AND PAYMENTS ACCOUNT FOR THE YEAR ENDED 31 MARCH 2024

	Unrestricted Funds	Restricted Funds	Total Funds 2024	Total Funds 2023
	£	£	£	£
Receipts				
Donations received	173,505	22,100	195,605	195,439
Tax reclaimed	<u>10,514</u>	<u>-</u>	<u>10,514</u>	<u>18,234</u>
Total receipts	<u>184,019</u>	<u>22,100</u>	<u>206,119</u>	<u>213,273</u>
Payments				
Charitable expenditure				
<i>Direct charitable expenditure</i>				
Grants payable	-	100,000	100,000	255,000
Stall fee	120		120	453
<i>Support costs</i>				
<i>Administration:</i>				
Postage and stationery	38		38	22
Insurance	301		301	288
Bank charges	176		176	235
Advertising/marketing	2,069		2,069	1,638
Office and computer expenses	145		145	214
Professional fees	2,546		2,546	504
Travel	2,762		2,762	1,405
Sundries	<u>60</u>	<u>-</u>	<u>60</u>	<u>60</u>
	<u>8,217</u>	<u>100,000</u>	<u>108,217</u>	<u>259,819</u>
<i>Governance costs:</i>				
Accountancy fees	900	-	900	900
Total payments	<u>9,117</u>	<u>100,000</u>	<u>109,117</u>	<u>260,719</u>
Net receipts/(payments)	<u>174,902</u>	<u>(77,900)</u>	<u>97,002</u>	<u>(47,446)</u>
Cash and bank balances b/f			29,453	76,899
Cash and bank balances c/f			<u>126,455</u>	<u>29,453</u>

FRIENDS OF ASHA (GB)

STATEMENTS OF ASSETS AND LIABILITIES AS AT 31 MARCH 2024

	2024 £	2023 £
Cash funds		
Bank current account	126,455	29,453
	<u> </u>	<u> </u>
Assets retained for own use		
Tax refundable	11,282	10,700
	<u> </u>	<u> </u>
Liabilities		
Accountancy fees	(960)	(900)
	<u> </u>	<u> </u>

We approve the accounts on pages 12 to 14 and confirm that we have made available all relevant records and information for their compilation.

Signed on behalf of the trustees



Dr D Finch
Trustee

12 January 2025

FRIENDS OF ASHA (GB)

NOTES TO THE RECEIPTS AND PAYMENTS ACCOUNT FOR THE YEAR ENDED 31 MARCH 2024

1 Restricted funds

These represent specific gifts from supporters towards various programmes undertaken by Asha. The amount comprises:

	2024	2023
	£	£
Training and education	2,600	3,050
CHVs and midwives	-	705
Riverbed project	19,500	18,250
	<hr/>	<hr/>
	22,100	22,005
	<hr/> <hr/>	<hr/> <hr/>

2 Trustees' transactions

There were no transactions with trustees during the year that require disclosure.

FRIENDS OF ASHA (GB)

England & Wales - Charity number 1085071

Accounts

FRIENDS OF ASHA (GB)
CHARITY ACCOUNTS
FOR THE YEAR ENDED 31 MARCH 2023

FRIENDS OF ASHA (GB)

REFERENCE AND ADMINISTRATIVE INFORMATION

Trustees

The trustees during the year ended 31 March 2023 were as follows:

David Finch
Richard Hogben
Godfrey Martin
Helen Finch
Nigel Rees
Amanda Clegg
Paul Weston
David Briggs

Principal Address

36 Combe Street Lane, Yeovil, Somerset BA21 3PE

Independent Examiner

Bells Accountants, 10a High Street, Chislehurst, Kent, BR7 5AN

Charity Number

1085071

FRIENDS OF ASHA (GB)

REPORT OF THE TRUSTEES

Governing instrument

Trust deed dated 1 November 1999, amended by supplemental deed dated 9 January 2001.

New trustees are appointed by the board of trustees.

The charity is a trust consisting of 8 trustees.

Objectives and Activities

1. To relieve persons who are in conditions of need or hardship or who are aged or sick and to relieve the distress caused thereby in India and in such other parts of the world as the trustees may from time-to-time think fit.
2. To promote the protection and preservation of good health in India and in such other parts of the world as the trustees may from time to time think fit.
3. To promote and fulfil such other charitable purposes beneficial to the community in such locations as the charity may from time to time be operating.

The objects of the charity have been achieved by supporting the Asha Community Health & Development Society (hereinafter Asha) in its work with people living in the slums of Delhi. As shown in the accompanying accounting report, the income of the charity has derived from donations received and has been spent in pursuit of the charity's objectives.

Introduction

Friends of Asha(GB) has continued to raise funds and support the work of Asha this year. As expected, the very high response of donors during the Covid pandemic has not been matched this year, however giving has increased compared with pre-covid years. The trustees have further developed communication with donors using social media and email as well as attending a variety of fund-raising opportunities. The Hope and Spice book and merchandise continue to be well received.

Several of the trustees have visited this year to witness the work and use of Friends of Asha(GB) giving and to seek governance assurance They were unanimously impressed and inspired by the visits. In addition, the trustees have actively sought and received assurance through a variety of channels. Links with Delhi have continued with regular contact with a variety of individuals including the Founder and Director and senior staff via Zoom, WhatsApp, email, telephone, and other technology links. This has proved an effective way for the trustees to give advice and to discharge their assurance role ensuring that the funds generated in Great Britain have been appropriately used for the benefit of the poor in India.

The following is a summary of the work of Asha and our findings this year.

Asha is an organisation that is dedicated to improving the lives of the urban poor through programs covering health, education, empowerment, environment, infrastructure development, and financial inclusion. Asha works amongst 700,000 slum inhabitants covering 95 slums in the city of Delhi. Asha's interventions focus on the rights of slum dwellers, and it works in partnership with them and the Government to bring about sustainable poverty reduction and positive change.

The Asha model aligns with the UN sustainable development goals (SDGs). The model incorporates 9 out of 17 SDGs in all its programs. These include:

- Ensure healthy lives and promote well-being for all at all ages (SDG 3).
- Ensure inclusive and equitable quality education and promote lifelong learning opportunities for all (SDG 4).
- Achieve gender equality and empower all women and girls (SDG 5).
- Ensure availability and sustainable management of water and sanitation for all (SDG 6),
- Make cities and human settlements inclusive, safe, resilient and sustainable (SDG 11)
- End Poverty in all its forms (SDG 1).

The Asha values lie at the heart of all the programs. Generosity, gratitude, compassion, joy, and nonviolence are just some of the values which steer the organisation to move forward with passion and determination towards its mission of transforming lives of unreached people living in the slums and successfully overcoming new challenges.

Asha's interventions focus on the rights of slum dwellers, and it works in partnership with the communities and the Government to bring about sustainable poverty reduction and positive change.

Healthcare:

Asha's Healthcare Program provided comprehensive care to slum residents across Asha communities through a three-tier service delivery model. Their work ranged from young children to the elderly, addressing various healthcare needs and ensuring access to essential treatments.

In tier one, women living and working in the slums are trained as Community Health Volunteers (CHVs). They regularly visited and monitored the health of people in their communities: pregnant women, preschool children, the elderly, and patients with serious health problems. In the second tier, senior nurse practitioners and paramedic staff treated the community residents at Asha clinics located at the heart of the slums. CHVs accompanied the patients to the clinics where their ailments were diagnosed, and they were provided with free treatment and medicines. In the third tier, the Asha Polyclinic, with facilities including a well-equipped diagnostic pathology lab, X-Ray, ECG, and Ultrasound, in addition to the full-time services of a specialist doctor. This ensured that the slum community residents were provided with advanced healthcare facilities and pathological tests. A robust referral system strengthens the healthcare system, and the Asha team referred the people who needed advanced tertiary healthcare to reputable public and private hospitals in Delhi based on Asha's knowledge and network of specialist doctors.

Maternal and Newborn Healthcare:

Asha's Maternal and Newborn Healthcare included the following activities:

Antenatal Care:

Regular Antenatal clinics for expectant mothers were conducted following the Covid 19 protocols, including foetal growth monitoring through ultrasound and foetal heartbeat, weight check, and vaccination against tetanus. The team maintained individual health cards to indicate the follow-up treatments, including the distribution of medicines and supplements, like iron, vitamins, calcium, and folic acids. The Asha Health Team also educated pregnant women on the importance of having a nutritious diet, family planning and personal hygiene. It was ensured that 100% of pregnant women across Asha slums underwent three mandatory ANC check-ups.

Intrapartum- The Asha Community Health Volunteers were actively involved in educating and encouraging pregnant women to deliver at certified healthcare facilities or homes only in the presence of a trained nurse, midwife or trained birth attendant. They ensured that every pregnant woman in the slum had a safe delivery overseeing any delivery complications and cases of high-risk pregnancies and strictly banning the services of untrained 'medical' practitioners. Each expectant mother was given a birth kit during the last trimester. The CHVs ensured that the women were admitted to the hospitals on the advised dates for delivery. They also educated pregnant women to identify the symptoms of labour and unusual pain and always accompanied them to the hospitals for delivery. 100% of deliveries carried out were either institutional or under the supervision of trained birth attendants. This year, Asha's maternal and newborn health care reached 592 expectant

mothers and 355 newborns from the slum communities. 91% of children were born with normal birth weight. (2.5 kg and above.). There has been no maternal mortality death across Asha slums in the last five years.

Post Natal- The Asha CHVs ensured that every newborn receives their mother's milk within 6 hours after delivery. They educated the new mothers on best breastfeeding practices, personal hygiene, and proper newborn care. They also ensured that the women continued the intake of iron, folic acid, vitamin, and calcium supplements after delivery. The Asha health team made the Child Health Card for every newborn during the first postnatal home visit. The postnatal home visits were continued till six weeks after delivery. During these visits, the health team checked the mother's health status by monitoring the BP, pulse rate and identified post-delivery complications like anaemia, headache, and body pain, and made appropriate follow-up treatments and ensured immediate referral services. The team also monitored that the newborns were free of any potential health complications, regularly breastfed, and received proper care from the mother. The team also educated the family members on the importance of caring for the mother and child to avoid many health complications in low-resource settings. CHVs conducted home visits as per schedule for adequate postnatal care. 100% of children were breastfed within 6 hours after birth.

Activities conducted under the immunity-building programme for pregnant and lactating women.

Immunity-building programme: During the reporting period, the Asha team continued an immunity-building programme for pregnant and lactating women through vitamin supplements, Vitamin D injections and individual advice on a balanced diet and nutrition. The regular follow-up health care services by the Asha team have reduced the cases of infections and diseases among pregnant and new mothers, as it is evident that women have started taking self-initiative to seek medical aid when they encounter any health problems.

Activities conducted under the Child Health Care programme:

Well-Baby Clinics:

Asha health team conducted well-baby clinics every week to cater to the health needs of young children in the slum. The primary focus was on improving the nutritional and health status of the children from 0-5 years and reducing mortality, morbidity, and malnutrition along with growth monitoring. Every child's weight was checked, and children below the average weight were given iron, zinc, and vitamin supplements. Individual health cards were maintained for every child. This year Asha reached 2747 children through Well-Baby clinics. The under-five mortality rate across Asha slums is 13 per 1000 live births.

A. Immunisation:

The Asha Team, primarily the CHVs, ensured that the children between 0-5 years in the slum received all routine immunisations as per the WHO protocol against ten preventable diseases. Asha also collaborated with the Government of India to administer polio drops to children from 0-5 years as per the schedule of the Pulse Polio Programme across its slum communities to contribute to the mission of Polio free India. Children from the Asha communities have received 100% BCG, 98% Polio, 98% Penta and 86% Measles vaccination.

B. Growth Monitoring:

Every child's growth was monitored regularly by measuring their height and weight and recorded in the prescribed "Road-To-Health" chart. The cases of malnutrition among the children were identified by measuring each child's mid-arm circumference using a MAC band. The identified malnourished children were given appropriate remedial measures.

C. Vitamin A supplementation:

Asha's Healthcare team have ensured that all the children in the 0–5-year age group receive Vitamin A supplementation every six months as per schedule.

D. Prevention of Infections and Diseases:

The Asha Health team continued educating the mothers on preventing common infectious diseases like diarrhoea, respiratory infections, and viral fevers among young children by maintaining hygiene and cleaning the surroundings. The team have continued to motivate the slum dwellers to use clean drinking water, avoid open defecation and follow hygienic practices.

Activities conducted under Sexual and Reproductive Health and Family Planning Services:

Counselling on Family planning practices:

The Asha health team continued providing family planning advice to couples, mainly the newly married, and distributing intrauterine devices (IUDs), condoms, oral contraceptives and injections. The team also attended to the needs of the people living with HIV/AIDS, understanding their individual needs, and choices. This year, Asha's Sexual and Reproductive Health Care reached 7083 eligible couples in the reproductive age group. Of this, 1205 opted for permanent birth control methods, and 2229 opted for temporary measures. In total, 3434 couples followed family planning methods.

Awareness creation on Menstrual Hygiene, Reproductive Tract Infections and STDs:

Individual education/group meetings were conducted for young adolescent girls and women across the Asha slums together with distribution of sanitary towels and information about proper hygienic practices to prevent infections and understand the symptoms of such diseases and seek early medical help.

Activities conducted to control Malnutrition and Anaemia among women and children:

Special Clinics to take care of Anaemia and Malnutrition amongst Women:

There was an increase in cases of malnutrition and anaemia, especially amongst pregnant women and children, after the pandemic. The Asha team dedicated a day every week to running a special clinic to screen and treat malnourishment and anaemia among children and women across its slum communities. After measuring their BMI and haemoglobin count, they provided the identified malnourished and anaemic women with a required dose of vitamins, minerals, iron, zinc and calcium supplements. The team also fed them high-energy, protein, high-calorie drinks and nutritional 'Laddoos' designed by Asha's health experts five days a week. This year, Asha reached 111 women and girls through the malnutrition clinics.

Special Clinics to Prevent Malnourishment among Children:

During the special clinic days, the identified under-five children with malnutrition were fed with high-energy, high-protein laddoo five times a week, prepared at the Asha centres. The team also ensured that they had a regular intake of calcium, minerals and vitamins and monitored their growth through weight checks. They also advised the parents to provide them with balanced, nutritious and cheap protein diets, including eggs, milk, fruits and soyabeans. Asha's special clinics to prevent malnourishment in children reached 130 children from the slum community. This unique Asha intervention on malnourishment and anaemia management among children has helped reduce the incidence of malnutrition and anaemia across its slum communities. The Child Survival Rate across the Asha slums is around 98%. 90% of children across the Asha slums are born healthy.

Care of Older People:

Asha regularly organised Care of Older People clinics across its program areas. Complete medical check-ups were conducted, and medicines and supplements were provided. Patients with eye, ear, or orthopaedic-related problems were referred to the hospital for treatment, accompanied by an Asha CHV. Asha provided glasses and hearing aids on the recommendation of medical experts. The mental and emotional well-being of the elderly was also taken care of. Asha health team members and the ambassadors made regular home visits, spent time with them and engaged in conversation and helped them in their daily activities. This year we reached 335 elderly through our geriatric care programme.

Asha also started a unique intervention titled "Love and Lunch", where abandoned and needy elderly people across Asha slums were provided freshly prepared hot, delicious, balanced nutritious meals. This not only takes care of their health and promotes healthy ageing but also supports them emotionally as these lonely older people, who were neglected by their family members due to a variety of reasons found the occasion to talk and share their pain, even sing and dance, spending quality time with their peers and with the Asha team. This was also an occasion for all of us to pay our gratitude to the senior citizens in the golden years of their lives. The programme catered to 225 undernourished, poor and abandoned elderly people across Asha Communities five days a week.

Non-Communicable Chronic Disease Management:

Asthma and COPD

Based on the severity of their condition, patients were treated with bronchodilators and inhalers and Rotacaps. Nebulisers were used as needed. Team members explored triggers such as occupational hazards and advised a change of occupation if necessary. They explained the value of a balanced, nutritious diet with fruits and vegetables. They advised patients to avoid smoking and cooking with biomass (wood and animal waste) fuel when possible. This year Asha reached 51 persons through our asthma care programme. This year, Asha's COPD care programme covered 65 persons.

Diabetes

The Asha Health Team monitored fasting and post prandial blood sugar levels and the more accurate measure of the average blood sugar level (HbA1C). Regular full body check-up with all tests were conducted for the patients. Hypoglycaemic drugs were given as needed. Patients with comorbidities were carefully monitored and treated. CHVs emphasised that a balanced diet, proper lifestyle management, and exercise are as important as medication for diabetes control.

This year, Asha's diabetes care programme covered 316 persons.

Hypertension

Treatment is given with anti-hypertensive drugs. Asha teams monitored blood pressure and medication adherence during home visits, educating patients to reduce cardiovascular risk through smoking cessation and a balanced diet to lower cholesterol. The CHVs recommended diets rich in magnesium, potassium, and fibre, reduced salt intake, and regular exercise. This year, Asha reached 310 persons through a hypertension management programme.

Building Immunity for the Community Residents:

Building immunity has been one of the critical ways of preventing severe infections. The Asha health team focused on building immunity among its slum residents. As part of the programme, Asha provided Vitamin D injections to all the residents across the slum communities except children, who have been proven by experts worldwide as a great immunity builder. The community members, especially the more vulnerable, elderly, and sick patients, were provided micronutrients to enhance their immunity. CHVs conducted house-to-house visits to distribute these supplements and ensured they were being consumed. Along with Vitamin D injections, the Asha team also advocated exercise, a balanced and healthy diet, adequate sleep, reduced stress, and controlling the consumption of tobacco and alcohol to boost immunity levels.

Asha Polyclinic

Advanced Healthcare, including Diagnostics, laboratory tests, Ultrasound, X-Ray, ECG and services of a Specialist Doctor were available at Asha Polyclinic. More than 4,100 patients were registered for treatment, 3277 patients had undergone laboratory tests, 1104 patients had ultrasound examinations, and more than 3300 patients received general treatment during the project period.

Asha's Higher Education Programme:

The Asha Resource Centre acted as the hub of Higher Education for the slum students. The identified Asha students were provided with the necessary support in terms of academic needs, such as sample test papers, supplementary text materials, and regular mock exams so that they could thoroughly prepare for their crucial board exams and achieve excellent grades. The students utilised the facilities at the advanced IT Labs to enhance their IT skills and complete their assignments. The

Resource centre provided the necessary academic environment to the students, which they missed at their homes. This year, Asha supported 1343 school students with study spaces. In addition, around 900 students benefit from the Asha IT Labs every month.

In 2022, the University admission process underwent a significant change with the introduction of the Common University Entrance Test (CUET). The enrolment process for CUET was highly complicated and presented a tough challenge for the Asha slum students. Difficulties in accessing tertiary education for the students from the slum community and the severe financial crisis made the parents reluctant to send their children for a college education. The problem was more acute for girls due to the societal mindset conditioned by patriarchy. The Asha team and the Ambassadors counselled and motivated the students, parents and their families regarding the benefits of college education and promising career opportunities, which will help them break the poverty cycle. The parents were also convinced that Asha would provide the necessary financial support to the students to secure college admission. After securing the parents' consent, the next big challenge was to have the required documentation for the student. Asha student ambassadors visited the Government departments along with the students long before the final school results were declared to procure these necessary documents and certificates required for admission.

After ensuring that the students were ready for university admission with their parents' consent and the necessary documents, the Asha team and the student ambassadors helped them step by step in the CUET enrolment process and supported them by paying their examination fees.

After the CUET results were declared, the next step was to guide the students and take them through the online admission process of the University based on their CUET results. Asha's team and the ambassadors also helped the students with course and college selection. The entire admission process for the students was conducted at the Asha Resource centres. The Asha Team also helped needy and deserving students secure admission in vocational and skill development programs like ITI, Nursing, Lab Technician, etc. 169 University admissions were made in 2022-23 along with 60 students for the vocational and skill development programs. Eighty students were enrolled on the Open Learning Programme and 45 girls got admission to the Non-Collegiate Women's Education Board.

Internship and Mentorship:

Internship opportunities were provided to the meritorious students from the new slum communities. The internship opportunity helped the selected students develop professional skills and exposed them to working in an international, multicultural work environment. In 2022, 24 Internships were provided to Asha students in MNCs like Macquarie, the New Zealand High Commission, Irish Embassy and others. 20 Asha students had a one-month internship at Macquarie. In addition, three students got the opportunity for a three-month internship onsite at the Embassy of Ireland, New Delhi, and one student had the opportunity of a one-month internship at the New Zealand High Commission.

Mentors helped the students handle setbacks and problems, gain expert knowledge, acquire new knowledge and skills, help in their personal and professional grooming and help to understand changes and build value for their career aspirations. In 2022, expert English teachers and professionals who were Friends and Supporters of Asha from different countries like the UK, Ireland, USA and Australia mentored Asha students to improve their conversational and academic English skills. Also, they provided specialised training for the IELTS examination for students selected to pursue Masters's Programs in prestigious Universities abroad through Asha scholarships.

Empowerment:

Activities conducted under the training and education for Asha's Ladies Group (Mahila Mandal)

Ladies Group Meetings:

The Asha Team facilitated the Ladies Group (Mahila Mandal) meetings, where the women were encouraged to discuss significant community issues and challenges and find possible solutions. The members discussed issues like domestic violence, cleanliness and sanitisation, health concerns like bacterial and viral infections and specific health complications and the economic hardships faced by the community. The discussions helped the Asha team make an appropriate working strategy to solve the issues with community participation. The Mahila Mandal Members also supported the Asha Community Health Volunteers in identifying pregnant women. They accompanied them during visits to the homes of the elderly and sick. The Mahila Mandal meetings are organised weekly. 12 Mahila

Mandals across Asha slums consisting of 360 members held 352 such meetings during the project period.

The following activities were conducted: -

Awareness and Sensitisation on Primary Healthcare activities: The Asha team conducted awareness sessions for the members of the Mahila Mandal, covering information on infections and diseases, access to healthcare and promoting health-seeking behaviour.

Training on women's rights: The Asha team conducted training sessions to educate the women leaders on issues like domestic violence, child abuse, adolescent problems, reproductive rights of women and other relevant issues so that they can identify such problems and build confidence in the women and the children in the slum to seek legal and medical aid if such incidences occur.

Advocacy and lobbying for slum infrastructure development: Asha staff and the Mahila Mandal members continued lobbying with government officials and elected leaders like the local MLA to solve community problems and challenges. The team continued to support the women's groups to fight for getting community infrastructures like wide roads, drains, water supply, cleanliness and sanitation, and access to social security benefits, especially for the elderly, women, and Disabled Persons.

The Asha's Ladies Group members across slum communities maintained their relationships and lobby with the external stakeholders to fulfil various fundamental rights of the slum dwellers, especially in health, education and social security including-

- Locally elected politicians-MLAs, Municipal Councillors
- Government officials.
- Officials of the Slum Development Board, Delhi (slum development engineers, water and electricity officials and sanitary inspectors)
- Police authorities, representatives of the Crime Against Women Cell and Women's Commission.
- Officials of the Fair Price Shops
- Local School Authorities
- Public and private healthcare providers and hospitals.

Mahila Mandals conducted 152 visits to different Govt. offices to find solutions to community issues in the slums. Eleven thousand five hundred community meetings were also conducted during the year across Asha slums to discuss community welfare issues.

Practising the Asha "Way of Life":

Asha promoted different life values as the Asha "Way of Life" among its target groups and incorporated value-based activities in its thematic interventions. The Ladies and the Children's Groups across the slum community were also at the forefront of nurturing and practising different Asha values like gratitude, compassion, joy, affirmation, and generosity. They also celebrated various festivals and important events at the Asha Centre. They enjoyed each other's company, breaking the barriers of religion, caste and creed.

Visitors and Volunteers from the Friends of Asha-GB - In the year 2022-23, long-time Asha supporters from Friends of Asha GB, including Dr David Finch- Chair- Friends of Asha GB and Mrs Helen Finch, Mrs Amanda Clegg – Board Member – Friends of Asha GB, Mr David Briggs- Board Member- Friends of Asha GB, visited Asha communities across Delhi. They interacted with the communities, enlightened them with their insights, performed edutainment activities with children, and practised the Asha Way of Life. The team from St. Stephen's Church led by Amanda Clegg also visited Asha's Seelampur and Riverbed slum communities and interacted with the beneficiaries. Asha's cordial relationship with the British High Commission was further strengthened when His Excellency, British High Commissioner to India Alexander Ellis CMG, took time from his busy schedule to mentor two Asha students selected for a Masters's programme at the University of Sydney.

Conclusion

Friends of Asha(GB) has received significant income this year, however the level of need in Delhi has increased and we are very grateful for the generosity of donors. The trustees have been

impressed and inspired by the remarkable courage and efforts made by the wider Asha team to care for so many people in such difficult circumstances and we commend the work of Asha.

Reserves policy

It is the policy of Friends of Asha (GB) not to retain significant reserves but to distribute income when appropriate recipients and projects are identified.

Dr David Finch - Chair
28 October 2023

FRIENDS OF ASHA (GB)

Independent Examiner's Report to the Trustees of Friends of Asha (GB)

I report on the accounts of the Trust for the year ended 31 March 2023, which are set out on pages 11 to 13.

Respective responsibilities of the trustees and examiner

The charity's trustees are responsible for the preparation of the accounts. The Charity's trustees consider that an audit is not required for this year (under section 144(2) of the Charities Act 2011 (the 2011 Act)) and that an independent examination is needed.

It is my responsibility to:

- examine the accounts (under section 145 of the 2011 Act):
- to follow the procedures laid down in the General Directions given by the Charity Commissioners (under section 145(5)(b) of the 2011 Act): and
- to state whether particular matters have come to my attention.

Basis of independent examiner's report

My examination was carried out in accordance with the General Directions given by the Charity Commissioners. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosure in the accounts and seeking explanations from you as trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently no opinion as to whether the accounts present a 'true and fair view' and the report is limited to those matters set out in the statement below.

Independent examiner's statement

In connection with my examination, no matter has come to my attention.

- (1) which gives me reasonable cause to believe that in any material respect the requirements
- to keep accounting records in accordance with section s130 of the 2011 Act: and
 - to prepare accounts which accord with the accounting records and to comply with the accounting requirements of the 2011 Act

have not been met; or.

- (2) to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

Bells Accountants
10a High Street
Chislehurst
Kent
BR7 6LH

28 October 2023

FRIENDS OF ASHA (GB)

RECEIPTS AND PAYMENTS ACCOUNT FOR THE YEAR ENDED 31 MARCH 2023

	Unrestricted Funds	Restricted Funds	Total Funds 2023	Total Funds 2022
	£	£	£	£
Receipts				
Donations received	173,034	22,005	195,439	403,315
Tax reclaimed	<u>18,234</u>	-	<u>18,234</u>	<u>13,945</u>
Total receipts	<u>191,268</u>	<u>22,005</u>	<u>213,273</u>	<u>417,260</u>
Payments				
Charitable expenditure				
<i>Direct charitable expenditure</i>				
Grants payable	-	255,000	255,000	345,000
Shipping fees	-		-	10,122
Medical equipment	-		-	7,242
Stall fee	453		453	200
<i>Support costs</i>				
<i>Administration:</i>				
Postage and stationery	22		22	14
Insurance	288		288	288
Bank charges	235		235	252
Advertising/marketing	1,638		1,638	3,552
Office and computer expenses	214		214	604
Professional fees	504		504	563
Travel	1,405		1,405	-
Sundries	<u>60</u>		<u>60</u>	<u>60</u>
	4,819	255,000	259,819	367,897
<i>Governance costs:</i>				
Accountancy fees	<u>900</u>	-	<u>900</u>	<u>900</u>
Total payments	<u>5,719</u>	<u>255,000</u>	<u>260,719</u>	<u>368,797</u>
Net receipts/(payments)	<u>185,549</u>	<u>(232,995)</u>	<u>(47,446)</u>	<u>48,463</u>
Cash and bank balances b/f			<u>76,899</u>	<u>28,436</u>
Cash and bank balances c/f			<u>29,453</u>	<u>76,899</u>

FRIENDS OF ASHA (GB)

STATEMENTS OF ASSETS AND LIABILITIES AS AT 31 MARCH 2023

	2023 £	2022 £
Cash funds		
Bank current account	29,453	76,899
	<u> </u>	<u> </u>
Assets retained for own use		
Tax refundable	10,700	18,234
	<u> </u>	<u> </u>
Liabilities		
Accountancy fees	(900)	(900)
	<u> </u>	<u> </u>

We approve the accounts on pages 11 to 13 and confirm that we have made available all relevant records and information for their compilation.

Signed on behalf of the trustees



Dr D Finch
Trustee

28 October 2023

FRIENDS OF ASHA (GB)

NOTES TO THE RECEIPTS AND PAYMENTS ACCOUNT FOR THE YEAR ENDED 31 MARCH 2023

1 Restricted funds

These represent specific gifts from supporters towards various programmes undertaken by Asha. The amount comprises:

	2023	2022
	£	£
Training and education	3,050	2,640
Relief fund and elderly care	-	-
CHVs and midwives	705	3,098
Blankets	-	-
Vaccinations	-	-
Riverbed project	18,250	18,000
	<hr/>	<hr/>
	22,005	23,738
	<hr/> <hr/>	<hr/> <hr/>

2 Trustees transactions

There were no transactions with trustees during the year that require disclosure.

FRIENDS OF ASHA (GB)

England & Wales - Charity number 1085071

Accounts

Registered Charity Number: 1085071

FRIENDS OF ASHA (GB)
CHARITY ACCOUNTS
FOR THE YEAR ENDED 31 MARCH 2022

FRIENDS OF ASHA (GB)

REFERENCE AND ADMINISTRATIVE INFORMATION

Trustees

The trustees during the year ended 31 March 2022 were as follows:

David Finch
Richard Hogben
Sunil Raheja (resigned 23.08.2021)
Godfrey Martin
Helen Finch
Nigel Rees
Amanda Clegg
Paul Weston
David Briggs (appointed 28.01.2022)

Principal Address

36 Combe Street Lane, Yeovil, Somerset BA21 3PE

Independent Examiner

Bells Accountants, 10a High Street, Chislehurst, Kent, BR7 5AN

Charity Number

1085071

FRIENDS OF ASHA (GB)

REPORT OF THE TRUSTEES

Governing instrument

Trust deed dated 1 November 1999, amended by supplemental deed dated 9 January 2001.
New trustees are appointed by the board of trustees.
The charity is a trust consisting of 8 trustees.

Objectives and Activities

1. To relieve persons who are in conditions of need or hardship or who are aged or sick and to relieve the distress caused thereby in India and in such other parts of the world as the trustees may from time-to-time think fit.
2. To promote the protection and preservation of good health in India and in such other parts of the world as the trustees may from time to time think fit.
3. To promote and fulfil such other charitable purposes beneficial to the community in such locations as the charity may from time to time be operating.

The objects of the charity have been achieved by supporting the Asha Community Health & Development Society (hereinafter Asha) in its work with people living in the slums of Delhi. As shown in the accompanying accounting report, the income of the charity has derived from donations received and has been spent in pursuit of the charity's objectives.

Introduction

Friends of Asha(GB) has continued to raise funds and support the work of Asha this year. FOA(GB) income has increased significantly during the year predominantly due to the generosity of donors in response to the humanitarian needs resulting from the pandemic. The trustees have further developed communication with donors using social media and email as well as attending a variety of fund-raising opportunities. The Hope and Spice book and merchandise continue to be well received.

As a result of the Covid 19 global pandemic the usual visits from the UK have not been possible. However, the trustees have actively sought and received assurance through a variety of channels. Links with Delhi have continued with regular contact with a variety of individuals including the Founder and Director and senior staff via Zoom, Whatsapp, email, telephone, and other technology links. This has proved an effective way for the trustees to give advice and to discharge their assurance role ensuring that the funds generated in Great Britain have been appropriately used for the benefit of the poor in India.

The following is a summary of the work of Asha and our findings this year.

Asha is an organisation that is dedicated to improving the lives of the urban poor through programs covering health, education, empowerment, environment, infrastructure development, and financial inclusion. Asha works amongst nearly one million slum inhabitants covering 95 slums in the city of Delhi. Asha's interventions focus on the rights of slum dwellers, and it works in partnership with them and the Government to bring about sustainable poverty reduction and positive change.

The Asha model aligns with the UN sustainable development goals (SDGs). The model incorporates 9 out of 17 SDGs in all its programmes. These include:

- Ensure healthy lives and promote well-being for all at all ages (SDG 3).
- Ensure inclusive and equitable quality education and promote lifelong learning opportunities for all (SDG 4).
- Achieve gender equality and empower all women and girls (SDG 5).
- Ensure availability and sustainable management of water and sanitation for all (SDG 6),
- Make cities and human settlements inclusive, safe, resilient and sustainable (SDG 11)
- End Poverty in all its forms (SDG 1).

FRIENDS OF ASHA (GB)

REPORT OF THE TRUSTEES cont'd

The Asha values lie at the heart of all the programmes. Generosity, gratitude, compassion, joy, and nonviolence are just some of the values which steer the organisation to move forward with passion and determination towards its mission of transforming lives of unreached people living in the slums and successfully overcoming new challenges.

Asha India is dedicated to improving the lives of the urban poor through programmes covering health, education, empowerment, environment, infrastructure development and financial inclusion. Asha works amongst nearly one million slum inhabitants covering 95 slums in the city of Delhi. Asha's interventions focus on the rights of slum dwellers, and it works in partnership with them and the Government to bring about sustainable poverty reduction and positive change.

Covid-19 Pandemic in the slums- The devastating second wave of the Covid-19 pandemic struck India in March 2021 and reached its peak in April-May 2021, causing a trail of destruction and deaths. Lockdown was imposed across the city. More than 400,000 cases were reported daily in India during the peak period. Delhi's positivity rate (percentage of all people tested who were found to be positive) went up to 36%, with more than 28,000 cases and a significant mortality rate. Hospitals and Covid centres became full within days. The health infrastructure was on the verge of collapse, with long lines of Covid positive patients waiting desperately in front of the hospitals, hoping for a bed. There were no hospital beds available with ICU and ventilator support.

The entire country faced a colossal oxygen crisis as there was an acute shortage of oxygen supply in the hospitals, and many patients died gasping for breath. Large-scale black marketing and hoarding of oxygen cylinders, essential Covid medicines, and other lifesaving medical supplies made them beyond the reach of poor and vulnerable slum community residents. Oxygen cylinders were being sold for ten times the usual price.

The PCR (Reverse transcription polymerase chain reaction) testing facilities were saturated entirely, and patients were refused Covid tests across the city. Moreover, fear of social boycott and stigma led to many people not disclosing their symptoms which led to significant morbidity and mortality in huge numbers. Even the crematoriums were full which was profoundly distressing to bereaved families.

During the last week of December 2021, the third wave of the Covid pandemic struck Delhi and the rest of India. It was dominated by the variant of the virus named Omicron, which was more infectious and spread faster than the Delta variant. In a very short period, case numbers started rising exponentially, and more than 20,000 infections per day were recorded in Delhi.

Asha's Treatment Strategy- During this desperate time, the Asha team did not lose hope and organised an emergency response to the pandemic across the communities. The Asha team comprised of health practitioners and 300 'Corona warriors' who worked 24/7 on the ground to save lives. These were volunteers from the communities, predominantly undergraduate and postgraduate students who had themselves benefitted from Asha.

The Asha team scaled up their interventions and started conducting house visits throughout the slums to identify patients with any flu-like symptoms. The Corona warriors encouraged the community to report cases without fear of stigma or being ostracized. People across the Asha slum communities voluntarily reported cases of fever, body pain, and other symptoms, and their treatment was initiated immediately. Slum-dwellers who had been in contact with Covid patients were also put on a regime aimed at prevention.

With medical friends across the world, Asha devised a strategy for home treatment of Covid 19 patients and started treatment as per an agreed treatment protocol. The team carefully monitored patients in regular teleconsultation with the Asha doctor. Oxygen levels and temperature were regularly checked. Patients with moderate illness were treated with nebulized bronchodilators and steroids as well as with anticoagulants. The team provided medication and treatment to moderately ill patients to try and reduce the risk of further deterioration.

FRIENDS OF ASHA (GB)

REPORT OF THE TRUSTEES cont'd

Any critically ill patients, who were refused hospital admission, were treated as per best available protocols after taking consent from the patient or their family members. The treatment included IV and oral medicines, nebulisation, and frequent monitoring of their oxygen level. Friends of Asha (GB) sourced and delivered 7 Oxygen concentrators. These were provided to patients across Asha's slum communities if their SpO2 reached critically low levels. The Asha team also ensured dedicated toilets in the public toilet complex for Covid patients. During this unprecedented crisis, the Asha team's commitment and dedication saved hundreds of lives. Thankfully, of all patients suffering from Covid-19 across the communities, there was only one death. This was a truly remarkable achievement.

Asha's Activities-

Asha's activities across the slum communities in compliance with the Covid protocols and guidelines and following the Covid appropriate behaviour were as follows-

1. Covid Prevention Protocol. including protecting the Asha team and the Corona warriors-

The Asha team regularly distributed masks and sanitisers across its communities and explained to them their correct usage, washing, and disposal. The team and the corona warriors ensured that the community residents regularly wore masks, especially outside. The communities were educated regarding the Covid appropriate behaviour and the risk reduction measures. The Asha team regularly coordinated with the municipal authorities and sanitary inspectors and ensured proper cleaning and sanitisation of the area, including roads, drains, and public toilets.

Asha also ensured the protection of its frontline health team and the corona warriors through proper PPE, regular sanitiser use, and encouraging behavioural change to follow Covid appropriate behaviour and observe Covid protocols. Asha clinics were regularly sanitised. Entry of patients was allowed only after the screening, sanitisation, and observing the norms of social distancing. Safety measures were also followed during the home visits.

Asha is continuing its Covid prevention activities to protect the slum communities, especially with the emergence of the third wave led by the highly infectious Omicron variant.

2. Distribution of Grocery bags - The pandemic had a substantial economic and financial impact on the life of the Asha slum communities as most people lost their jobs and income. Moreover, most slum dwellers could not access the government ration shops as there was a huge rush and limited supply. The elderly, widows, disabled, and other vulnerable groups faced severe problems as they could not leave their house because of the pandemic and arrange for life's necessities. The crisis was so massive that most families were on the brink of starvation. Asha procured groceries and put together packs of cereals, pulses, cooking oil, tea, soap, and other essential items and distributed them to every home so that they did not die because of starvation. The Asha team and Corona Warriors visited every home in the community and continued to ensure that the emergency supplies reached every family. Apart from the elderly, widows, and other most vulnerable groups, Asha also provided emergency food rations to Corona Warriors' families and Mahila Mandal (Women's group) members across its communities to take care of and protect them during the crisis.

Around 70 food packets were distributed to Asha slum communities every month during the project period.

3. Financial Support- Apart from food rations, Asha also provided financial support in the form of cash to the needy families across its communities to meet their other day-to-day needs like cooking gas, medicines, and other essential items such as electricity bills. This support enabled the poor and vulnerable families ravaged by the economic impact of the pandemic to survive this unprecedented crisis.

4. Supplementary Nutrition Programme for Malnourished Children and Women- The social, economic, and healthcare impact of the Covid-19 pandemic manifested itself in more ways than one. Due to the loss of income, the families had a massive financial crisis. Children were not getting proper nourishment and balanced nutrition, and there were rising cases of malnutrition across the slums. The women also suffered from malnutrition and anaemia as they were the last to eat after providing for everyone in the family. To address the problem of malnutrition and anaemia, the Asha health and nutritional experts developed high-energy, high protein, high-calorie 'laddoos' and organised special clinics to distribute these sweet supplements daily. The children's health was being regularly monitored, and it has been observed that the weight and other parameters of the beneficiaries improved tremendously. To control cases of malnutrition and anaemia among women and girls, Asha's experts developed high-energy, high protein, high-calorie drinks (Sattu). They organised special clinics five days a week to administer them throughout Asha's slums.

FRIENDS OF ASHA (GB)

REPORT OF THE TRUSTEES cont'd

The BMI of the ladies was calculated, and cases of anaemia were classified into mild, moderate, and severe. This high-energy drink reduced instances of malnutrition and anaemia amongst women. Asha also provided micronutrient supplements like calcium, iron, vitamins and zinc to the women and children suffering from malnutrition and anaemia.

5. Treatment of Non-Covid illnesses- Due to the pandemic, the hospitals and health centres were overwhelmed and faced huge strains regarding infrastructure, equipment, resources and workforce. People from the poor and vulnerable community had nowhere to go for treatment as hospitals and healthcare facilities across the city refused admission to the patients with non-Covid illnesses. Asha clinics across the slum communities in Delhi provided free treatment and medication to the patients in Maternal and Newborn Health, Child Health, Reproductive and Family Planning Services, Geriatric Care, and Non-Communicable Diseases like Diabetes, Hypertension, COPD, and Asthma.

- A. Maternal and Newborn Healthcare** - Asha continued to increase awareness and access to quality maternal and newborn health services in the slum communities of Delhi. The services included Antenatal, Intrapartum, and Postnatal services. In Asha slums, antenatal clinics are held weekly at the community centres located within the communities. Asha believes every child deserves a healthy start in life, and every mother has access to quality healthcare during pregnancy and childbirth. There has been no maternal death in any of the Asha slums this year. Approximately 25000 patients visited Asha clinics in the slums during the year 2021.
- B. Child Healthcare**- Asha's Child Healthcare programme improved the nutritional and health status of the children from 0-to five years. Asha's programme encouraged laying the proper foundation for the child's psychological, physical, and social development.

The interventions by Asha under the Child health care programme included: -

Well, Baby Clinics- Asha organised regular Well Baby clinics at the centre every week to monitor the children's health. The weight, height, and other vital parameters were measured, and remedial action was prescribed. Experienced health professionals staff Asha clinics. If a child was short for their age or under-or overweight, this might indicate a health problem. Children were provided necessary doses of iron, zinc, and vitamin supplements. Vitamin-A was provided to the children after every six months.

Immunisation- Complete immunisation was done for all the children from 0-to five years across Asha's slums as per WHO protocol against ten preventable diseases. Immunisation has been a critical factor in reducing child mortality in the community.

Growth Monitoring was carried out monthly, with the children being weighed and the details recorded in a "Road-To-Health" chart. The mothers were given health education regarding breastfeeding, weaning, and nutrition. Each child's mid-arm circumference was measured using a MAC band twice a year between the ages of 1-5 years to detect cases of malnutrition.

Vitamin A and Albendazole Supplementation- Children across the Asha slums were regularly supplemented with Vitamin A and Albendazole (a treatment for parasites) every six months as per their requirements.

Preventing Infections and Diseases- The mothers were made aware of the causes, prevention, and cure of diseases like diarrhoea, cholera, and respiratory infections. Improvement in Water, Sanitation, and Hygiene (WASH) levels across Asha slums was made through community toilet construction, handwashing facilities, and clean water access. The initiative helped improve cleanliness and sanitation and controlled the spread of diseases like diarrhoea.

- C. Family Planning-** Asha's Healthcare experts motivated the women and men and advised them on family planning methods. FP Services included IUD Check-up, IUD Removal and Depo-Provera injection to suppress ovulation. Through Asha's efforts, total contraceptive usage as part of family planning is about 60% across Asha's slums. Under the Family Planning Programme, 39% of Asha slum dwellers have already adopted permanent family planning methods, and 27 % of males in Asha slums used condoms, compared to 7% nationally.

FRIENDS OF ASHA (GB)

REPORT OF THE TRUSTEES cont'd

D. Geriatric Care- Asha regularly organised geriatric clinics across its programme areas. Complete medical check-ups were conducted, and medicines and supplements were provided. Patients with eye, ear, or orthopaedic related problems were referred to the hospital for treatment, accompanied by an Asha Community Health Volunteer (CHV). Asha provided glasses and hearing aids on recommendation by medical experts. Asha provided care for the mental and emotional well-being of the elderly and food rations were provided to the elderly who had no other support system. Asha Corona Warriors were allocated to the elderly and they made regular home visits, spent time and engaged in conversation and helped them in their daily activities.

E. Non-Communicable Chronic Disease Management-

Asthma and COPD - Based on the severity of their condition, patients were treated with bronchodilators and inhalers. Rotacaps are preferred over inhalers, to improve delivery and nebulisers were used as needed. Team members explored triggers such as occupational hazards and advised a change of occupation if necessary. They explained the value of a balanced and nutritional diet that included fruits and vegetables and advised patients to avoid cooking with biomass (wood and animal waste) fuel when possible.

Diabetes - Staff monitored fasting and postprandial blood sugar levels, as well as the more accurate measure of the average blood sugar level, HbA1C. Regular full body check-ups with all tests was conducted for the patients. Hypoglycemic drugs were given as needed. Patients with comorbidities were carefully monitored and treated. CHVs emphasised that a balanced diet, proper lifestyle management, and exercise are as important as medication for diabetes control.

Hypertension - Treatment is given with anti-hypertensive drugs. Asha teams monitored blood pressure and medication adherence during home visits, encouraging patients to reduce cardiovascular risk through smoking cessation and a balanced diet to lower cholesterol. The CHVs recommended diets rich in magnesium, potassium, and fibre, reduced salt intake, and regular exercise.

6. Building Immunity for the Community Residents- Building immunity has been one of the critical ways of preventing severe Covid infections. The Asha team and the healthcare workers focused on building immunity within its slum residents. As part of the programme, Asha provided Vitamin-D injections to all the residents across the slum communities except children. Vitamin D deficiency is very common and significantly affects the immune system. The community members, especially the more vulnerable, elderly, and sick patients, were provided micronutrients to enhance their immunity. CHVs conducted house-to-house visits to distribute these supplements and ensured they were being consumed. Along with educating people on Covid appropriate behaviour, the Asha team also advocated exercise, a balanced and healthy diet, adequate sleep, reduced stress, and controlling the consumption of tobacco and alcohol to boost immunity levels.

7. Mental Health Support- Ensuring mental health support has been one of the critical challenges of the pandemic. The problem has been very severe among the poor and the underprivileged slum residents because their acute social, economic, and livelihood challenges accentuated the issue along with the healthcare crisis. As people lost their incomes and were confined to their homes, there were rising cases of domestic violence, mental stress, anxiety, depression, loneliness, and sometimes even leading to suicide. The Asha team, Mahila Mandal members and the Corona Warriors visited every house in their respective communities and provided people with comfort and support. They always conveyed hope and optimism, and the community looked forward to their visits. Cases of domestic violence which increased during these pandemic times across the slums were solved through counselling and peace-making efforts.

8. Vaccination Drive- When the vaccination for frontline workers began in January 2021, Asha registered its field team and the warriors for vaccination and ensured that everyone got their vaccination on time. The entire Asha team and the Corona Warriors have received the required two doses of vaccine for protection against the virus. Asha team and the warriors are spreading awareness and sensitising the community on the importance of vaccination and tackling vaccine hesitancy. Asha collaborated with the Immunisation Department- Government of Delhi to organise vaccination camps across its slums to vaccinate the eligible slum dwellers. Currently, Asha is focusing on the Booster dose of vaccine for the frontline workers and the elderly above 60 years and vaccination for the 15-18 years age group as per the Government of India's policy decision. The entire Frontline Asha team have been vaccinated with the booster dose. More than 98% of Asha slum community residents have been vaccinated with both doses.

FRIENDS OF ASHA (GB)

REPORT OF THE TRUSTEES cont'd

Outcomes and Impact – The outcomes and the impact of Asha's Covid-19 response across the slums are as follows:

- Less than 1% of death due to Covid-19 across Asha's slum communities.
- Provided treatment access, including out of hospital critical care to all symptomatic and asymptomatic Covid patients through Home Care Protocol as public healthcare infrastructure was under severe strain.
- Food Support and Financial Aid to needy families across the Asha slum communities to reduce the economic impact of the pandemic. There were no deaths due to starvation across the Asha slums.
- Combated rising cases of malnutrition and anaemia amongst women and children across the Asha communities through Special clinics, micronutrient supplements and a balanced nutritional diet.
- Provided healthcare access, treatment and care to the community residents for non-Covid illnesses.
- Immunity Building programmes were conducted to build immunity and cover 98% of slum residents through supplements and Vitamin D injections.
- Mental Health Programmes to care for depression, anxiety, and stress in Asha's slums, which had increased as a result of the socio-economic impact due to the pandemic.
- Assertive vaccination drives across Asha communities have resulted in more than 95% vaccination across the Asha slum communities.

Asha's Higher Education Programme in the backdrop of the Covid-19 pandemic-

The ongoing Covid-19 pandemic has severely impacted the education landscape of the country. Due to the lockdown imposed across the city of Delhi and other parts of the country, the schools, colleges, and other learning centres have been closed for on-campus learning and shifted to digital and online modes for education. The closure of offline classes in the Universities has severely disrupted the college education for Asha's students and graduates, impacting their careers and prospects. Under this scenario, Asha provided the necessary support to the vulnerable slum students to continue their education by building digital infrastructure at the Resource centres through advanced IT facilities so that they can adapt to the online academic environment, submit their assignments and appear for examination online as well as monitor the performance of the students.

Asha Resource Centre as the hub of Higher Education-Asha Resource Centres across the slums acted as the hub of Higher Education for the slum students. The identified Asha students were provided necessary support in terms of academics like sample test papers, supplementary text materials, and regular mock exams so that they could thoroughly prepare for their crucial board exams and achieve excellent grades. The Senior students conducted coaching classes to teach concepts and clear doubts of their junior counterparts. More than 160 college admissions were made in the year 2021.

Developing IT Labs- Asha has developed IT Labs across the centres with advanced laptops, high-speed internet and proper study spaces. The IT Labs have been a boon to the Asha students, especially during the pandemic times when the entire process of college admission and the educational process, including submission of assignments, projects and examinations, have been shifted to the online platform. More than seven IT Labs have been developed across Asha centres benefitting community students. IT Labs have become the lifeline of education for the Asha community students, especially during these challenging times.

Online Internship Programme- Internship opportunities were provided to the meritorious students from the Asha slum communities. The internship opportunity helped the selected students develop professional skills and exposed them to working in an international, multi-cultural work environment. In 2021, more than 20 Asha students from the slum areas were selected for Internships in MNCs like Macquarie and the Embassy of Ireland. Due to the pandemic, the internship was organised online using the IT Lab facilities at Asha centre in observation of Covid protocols.

English Speaking and Writing Skills- Asha supported the slum students across the project locations by teaching them spoken and written English to progress in their academic and professional careers. Volunteers from Friends of Asha across the world and other subject experts conducted online classes for teaching English to the Asha students. Specialised training for IELTS is also conducted for the students selected for the International Higher Education programme.

FRIENDS OF ASHA (GB)

REPORT OF THE TRUSTEES cont'd

Conclusion

Friends of Asha(GB) has seen a significant increase in income this year, however the level of need in Delhi has increased much more. We are very grateful for the generosity of donors responding to the tragic impact of the Covid pandemic. The trustees have been impressed and inspired by the remarkable courage and efforts made by the wider Asha team to care for so many people in such difficult circumstances and we commend the work of Asha.

Reserves policy

It is the policy of Friends of Asha (GB) not to retain significant reserves but to distribute income when appropriate recipients and projects are identified.

Dr D Finch - Chair
5 October 2022

FRIENDS OF ASHA (GB)

Independent Examiner's Report to the Trustees of Friends of Asha (GB)

I report on the accounts of the Trust for the year ended 31 March 2022, which are set out on pages 11 to 13.

Respective responsibilities of the trustees and examiner

The charity's trustees are responsible for the preparation of the accounts. The Charity's trustees consider that an audit is not required for this year (under section 144(2) of the Charities Act 2011 (the 2011 Act)) and that an independent examination is needed.

It is my responsibility to:

- examine the accounts (under section 145 of the 2011 Act):
- to follow the procedures laid down in the General Directions given by the Charity Commissioners (under section 145(5)(b) of the 2011 Act): and
- to state whether particular matters have come to my attention.

Basis of independent examiner's report

My examination was carried out in accordance with the General Directions given by the Charity Commissioners. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosure in the accounts and seeking explanations from you as trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently no opinion as to whether the accounts present a 'true and fair view' and the report is limited to those matters set out in the statement below.

Independent examiner's statement

In connection with my examination, no matter has come to my attention.

- (1) which gives me reasonable cause to believe that in any material respect the requirements
 - to keep accounting records in accordance with section s130 of the 2011 Act: and
 - to prepare accounts which accord with the accounting records and to comply with the accounting requirements of the 2011 Act

have not been met; or.

- (2) to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

Bells Accountants
10a High Street
Chislehurst
Kent
BR7 6LH

5 October 2022

FRIENDS OF ASHA (GB)

RECEIPTS AND PAYMENTS ACCOUNT FOR THE YEAR ENDED 31 MARCH 2022

	Unrestricted Funds	Restricted Funds	Total Funds 2022	Total Funds 2021
	£	£	£	£
Receipts				
Donations received	379,577	23,738	403,315	229,081
Tax reclaimed	<u>13,945</u>	<u>-</u>	<u>13,945</u>	<u>9,402</u>
Total receipts	<u>393,522</u>	<u>23,738</u>	<u>417,260</u>	<u>238,483</u>
Payments				
Charitable expenditure				
<i>Direct charitable expenditure</i>				
Grants payable	-	345,000	345,000	236,547
Shipping fees	10,122		10,122	-
Medical equipment	7,242		7,242	-
Supper Club	-		-	-
Stall fee	200		200	-
<i>Support costs</i>				
<i>Administration:</i>				
Postage and stationery	14		14	31
Insurance	288		288	-
Bank charges	252		252	320
Advertising/marketing	3,552		3,552	10,274
Office and computer expenses	604		604	-
Professional fees	563		563	234
Sundries	<u>60</u>	<u>-</u>	<u>60</u>	<u>60</u>
	<u>22,897</u>	<u>345,000</u>	<u>367,897</u>	<u>247,466</u>
<i>Governance costs:</i>				
Accountancy fees	900	-	900	900
Total payments	<u>23,797</u>	<u>345,000</u>	<u>368,797</u>	<u>248,366</u>
Net receipts/(payments)	<u>369,725</u>	<u>(321,262)</u>	<u>48,463</u>	<u>(9,883)</u>
Cash and bank balances b/f			28,436	38,319
Cash and bank balances c/f			<u>76,899</u>	<u>28,436</u>

FRIENDS OF ASHA (GB)

STATEMENTS OF ASSETS AND LIABILITIES AS AT 31 MARCH 2022

	2022 £	2021 £
Cash funds		
Bank current account	76,899	28,436
	<u> </u>	<u> </u>
Assets retained for own use		
Tax refundable	18,234	13,945
	<u> </u>	<u> </u>
Liabilities		
Accountancy fees	(900)	(900)
	<u> </u>	<u> </u>

We approve the accounts on pages 11 to 13 and confirm that we have made available all relevant records and information for their compilation.

Signed on behalf of the trustees



Dr D Finch
Trustee

5 October 2022

FRIENDS OF ASHA (GB)

NOTES TO THE RECEIPTS AND PAYMENTS ACCOUNT FOR THE YEAR ENDED 31 MARCH 2022

1 Restricted funds

These represent specific gifts from supporters towards various programmes undertaken by Asha. The amount comprises:

	2022	2021
	£	£
Training and education	2,640	3,240
Relief fund and elderly care	-	-
CHVs and midwives	3,098	3,134
Blankets	-	-
Vaccinations	-	-
Riverbed project	18,000	18,000
	<hr/>	<hr/>
	23,738	24,374
	<hr/> <hr/>	<hr/> <hr/>

2 Trustees transactions

There were no transactions with trustees during the year that require disclosure.

FRIENDS OF ASHA (GB)

England & Wales - Charity number 1085071

Accounts

1085071

Registered Charity Number:

FRIENDS OF ASHA (GB)
CHARITY ACCOUNTS
FOR THE YEAR ENDED 31 MARCH 2021

FRIENDS OF ASHA (GB)

REFERENCE AND ADMINISTRATIVE INFORMATION

Trustees

The trustees during the year ended 31 March 2021 were as follows:

David Finch
Richard Hogben
Sunil Raheja
Godfrey Martin
Helen Finch
Nigel Rees
Amanda Clegg
Paul Weston

Principal Address

36 Combe Street Lane, Yeovil, Somerset BA21 3PE

Independent Examiner

Bells Accountants, 10a High Street, Chislehurst, Kent, BR7 5AN

Charity Number

1085071

FRIENDS OF ASHA (GB)

REPORT OF THE TRUSTEES

Governing instrument

Trust deed dated 1 November 1999, amended by supplemental deed dated 9 January 2001.

New trustees are appointed by the board of trustees.

The charity is a trust consisting of 8 trustees.

Objectives and Activities

1. To relieve persons who are in conditions of need or hardship or who are aged or sick and to relieve the distress caused thereby in India and in such other parts of the world as the trustees may from time to time think fit.
2. To promote the protection and preservation of good health in India and in such other parts of the world as the trustees may from time to time think fit.
3. To promote and fulfil such other charitable purposes beneficial to the community in such locations as the charity may from time to time be operating.

The objects of the charity have been achieved by supporting the Asha Community Health & Development Society (hereinafter Asha) in its work with people living in the slums of Delhi. As shown in the accompanying accounting report, the income of the charity has derived from donations received and has been spent in pursuit of the charity's objectives.

Introduction

Friends of Asha(GB) has continued to raise funds and support the work of Asha this year. As a result of the Covid 19 global pandemic the usual visits from the UK have not been possible. However, the trustees have actively sought and received assurance through a variety of channels. Links with Delhi have continued with regular contact with a variety of individuals including the Founder and Director and senior staff via Zoom, Whatsapp, email, telephone and other technology links. This has proved an effective way for the trustees to give advice and to discharge their assurance role ensuring that the funds generated in Great Britain have been appropriately used for the benefit of the poor in India. The following is a summary of the work of Asha and our findings this year.

Asha is an organisation that is dedicated to improving the lives of the urban poor through programs covering health, education, empowerment, environment, infrastructure development, and financial inclusion. Asha works amongst nearly one million slum inhabitants covering 95 slums in the city of Delhi. Asha's interventions focus on the rights of slum dwellers and it works in partnership with them and the Government to bring about sustainable poverty reduction and positive change.

The Asha model of urban health and development is in alignment with the UN sustainable development goals. The model incorporates 9 out of 17 SDGs in all its programs. To name some of them: Ensure healthy lives and promote well-being for all at all ages (SDG 3), Ensure inclusive and equitable quality education and promote lifelong learning opportunities for all (SDG 4), Achieve gender equality, and empower all women and girls (SDG 5), Ensure availability and sustainable management of water and sanitation for all (SDG 6), Make cities and human settlements inclusive, safe, resilient and sustainable (SDG 11) leading to End Poverty in all its forms (SDG 1).

FRIENDS OF ASHA (GB)

REPORT OF THE TRUSTEES cont'd

The Asha values lie at the heart of all the programmes. Generosity, gratitude, compassion, joy, non-violence are just some of the values which steer the organisation to move forward with passion and determination towards its mission of transforming lives of unreached people living in the slums and successfully encounter new challenges.

The Challenges of the Covid-19 Pandemic and Asha's response.

The period of April 2020 to March 2021 was extremely challenging for the Asha slum community residents. The outbreak of Covid-19 created an unprecedented public health crisis in the slum communities. In addition, the lockdown imposed by the government resulted in a severe socio-economic crisis especially for the poor and vulnerable residents of Asha's slum communities across Delhi. The slum dwellers who depend mostly on daily wages or temporary part-time jobs lost their income because of lock down restrictions. The families had very little in the way of savings to fall back on and quickly started facing starvation and an acute livelihood crisis. This crisis accentuated the enormity of the health risk because of the pandemic. Asha immediately formed an Emergency Response team which included the formation of a dedicated team of Asha Corona Warriors who, covering each of the slum areas worked with residents to spread awareness and sensitise the residents about the safety and precaution measures against Covid-19.

The activities of the Asha team and the Asha warriors included:

- Providing emergency food rations, medicines and cash to vulnerable members of the community who lost their income because of lockdown.
- Providing essential medicines, masks and supplements including vitamins, iron, calcium, zinc, and other supplements as part of healthcare services from its slum clinics focusing on the elderly aged 65 and above, widows who live alone, pregnant women, the disabled, and patients suffering from serious medical conditions.
- Visiting every home and educating the residents on wearing masks, social distancing, proper handwashing, avoiding crowded places and other safety measures.
- Home-to-Home surveillance and referring residents to hospital if they developed serious symptoms.
- Working hand in hand with the local police.

- Providing residents with PPE kits including masks and hand sanitiser and making residents aware of how to protect themselves with reference to the WHO covid-19 protocols.
- Helping the community to access government social welfare schemes.
- Supporting the Government's vaccination drive by spreading awareness and motivating the community on the importance of vaccination to protect against the virus and accompanying them to the nearby vaccination centre as required.

- 4 -

FRIENDS OF ASHA (GB)

REPORT OF THE TRUSTEES cont'd

As a result of the Asha team's activities through the pandemic, the following outcomes have been achieved:

- Effective awareness-raising of the risks associated with Covid-19.
- Improved access to healthcare services to the neediest and most vulnerable such as the elderly, malnourished women and children, pregnant women, non-Covid patients.
- Increased awareness of various Government schemes for the welfare of the people during the period of crisis.
- Increased access to healthcare services.
- Controlled malnutrition and anaemia amongst women and children through nutritional supplements and high-calorie, high-energy sweets and drinks.

Since the government lockdowns, Asha continues to support their communities towards compliance with Covid-19 appropriate behaviour especially with emerging new variants of the virus and educating people on the changing Government guidelines and usual Asha programmes have now resumed.

Asha's Health Programmes

Health programmes operate in most Asha communities from community centres. The health care provided includes childhood immunisation, nutritional and vitamin supplementation, management of long-term conditions and care of the elderly. This primary care provision in the community is supported by the central polyclinic with diagnostic and laboratory facilities.

The maternal health programme as part of Asha's integrated approach

Asha's health care programme is one of six programmes which together improve the quality of life and life chances for Asha populations. The six programmes are sanitation & environment, health, financial inclusion, land rights, empowerment and education. This integrated approach is the reason for the success of Asha's health care programme and in particular the maternal health programme. The diverse needs of a woman expecting a baby for example - accessible ante natal care, a safe home, helpful information and access to clean water and toilet blocks, demonstrate just why an integrated approach is essential.

The maternal health programme's success

As a result of Asha's integrated approach and because of the effective maternal health programme, the neonatal mortality rate is significantly lower in communities where Asha operates, with 11 cases for every 1000 live births in comparison with 23 cases for India as a whole. Maternal deaths in Asha communities have been steadily falling in recent years and no maternal deaths were recorded for the year 2019-2020.

CHVs are supported and supervised by a team of nurse-midwives who manage the ante-natal clinics. They work to Asha's maternal and newborn health programme guidelines, identifying high risk pregnancies and referring to the polyclinic or local hospital as required.

- 5 -

FRIENDS OF ASHA (GB)

REPORT OF THE TRUSTEES cont'd

Antenatal Care

Antenatal clinics are held at Asha community centres located within the communities. The CHVs encourage expectant mothers to register early and have a minimum of three antenatal checks, two doses of tetanus toxoid injection and iron/folic acid supplements. Expectant mothers are monitored to assess the development and well-being of mother and baby. Checks include weight and height, urine, blood pressure and foetal heart rate. Blood tests are offered to all expectant mothers for screening and to test for gestational diabetes and iron deficiency anaemia. All the tests are done at subsidised rates at the polyclinic. Mothers receive free medication and nutritional advice.

Intrapartum Care

Women are encouraged to have their baby in hospital or at home with a trained midwife. As a result almost 100% of deliveries across the slums are now hospital deliveries or home births supported by trained professionals. Women with high-risk pregnancies are advised to attend hospital for their confinement. It is these changes that account for the reduction of infant and maternal deaths.

Postnatal care

The maternal health team conduct postnatal visits within 24 hours of delivery at home to monitor the health of mother and baby. Early breast-feeding is encouraged, mothers are supported and the baby is weighed. Regular postnatal visits are done by the CHVs to keep track of progress.

Babies and Children

- 100% of children in Asha slums receive BCG vaccination, compared to 97% nationally.
- 99% of the Asha children receive the DPT vaccine.
- 91 % of Asha slum children receive Vitamin A supplements, compared to 30% nationally.
- Vaccination against measles is provided after 9 months.

- Vitamin A is provided every 6 months until 5 years.

Special Clinics for Malnourishment and Anaemia

Since the pandemic Asha is running special clinics for malnourished women and children. Asha's healthcare experts have developed a high-calorie, high protein drink offered to all malnourished women and this has resulted in significant positive health outcomes. Malnourished children are regularly provided calcium, minerals, vitamins, and other micronutrient supplements, and their growth parameters were regularly monitored. Innovative high energy, high protein sweetmeats were given daily to malnourished children, which have shown encouraging results.

Care of the elderly

Asha offers health care tailor-made for their elderly population. The care includes medical check-ups, medicines and nutritional supplements. Those with eye, ear or orthopaedic-related problems are referred to the hospital. Glasses and hearing aids are offered and the mental and emotional well-being of the elderly is addressed.

FRIENDS OF ASHA (GB)

REPORT OF THE TRUSTEES cont'd

Management of long-term conditions

Patients with diabetes and hypertension are offered regular screening and treatment and are advised on nutrition, exercise, and lifestyle modifications.

In summary Asha's healthcare model has impacted the lives of slum dwellers in terms of access, connectivity, quality, and increased health-seeking behaviour in the community.

Asha's Education programme

Education has been one of the biggest challenges during the pandemic. The platform for providing education changed completely to online medium which presented a serious challenge to Asha's slum community students as they lacked high-speed connectivity and proper equipment like advanced smartphones, laptops along with proper infrastructure. Asha immediately provided the necessary IT infrastructure along with high-quality laptops, modems, high-speed connectivity, and dedicated study spaces for school and college students across the centres ensuring that their studies were not disrupted during these difficult times. The Asha team and the student ambassadors supported the students in their online education and dedicated time slots were provided to each category of students so that everyone gets a fair opportunity. The key highlights of Asha's Education programs during the project period were:

- More than 3500 students have secured admission to the Delhi University to date including 82 students in the year 2020.
- More than 60 students have secured admission in vocational and skill development courses in the year 2020 and more than 760 students to date.
- Provided Digital platforms for online education to the Asha students with high-speed internet connectivity and good computers/laptops.
- 470 dedicated Student Ambassadors spreading the light of Education across Asha's slums.

Strict implementation of the Child Protection Policy

Asha strictly implemented the Child Protection Policy at its slum resource centres, other contact points, and all the persons associated with the organisation. The policy ensures that the system is in place to protect children benefited from the organisation against any abuse and exploitation. This policy puts in place a mechanism to protect children, staff members, and the organisation itself.

Asha has developed a transparent implementation plan concerning the policy guidelines with:

- a) Strict compliance to staff recruitment procedure in respect of screening procedure, checking of criminal records, reference checking, and zero tolerance to any violation
- b) A copy of the Child Protection Policy was provided to each employee.
- c) Regular training was provided to all the staff and volunteers of Asha as part of the ongoing training program.
- d) Strict Compliance was ensured towards documented Code of Conduct and Behavioural Protocols by every Asha staff.

- 7 -

FRIENDS OF ASHA (GB)

REPORT OF THE TRUSTEES cont'd

- e) Guidelines on Communication with the children were followed and any inappropriate messaging and depiction of children strictly prohibited. Any text or pictures concerning children were published with the consent of parents.
- f) Sensitised and created awareness on presentation and management of risks.
- g) Ensured a culture of openness and transparency when issues were raised and discussed.
- h) Empowerment of children to make them aware and vigilant to any wrongdoings.

Conclusion

Asha has faced overwhelming challenges this year but has responded admirably. As trustees we have been very impressed and humbled by the diligence and courage of Asha staff and the generosity of all the friends of Asha in Great Britain. We commend the work of Asha and recognise the vital role that Friends of Asha (GB) plays in raising funds to support this vital work.

Reserves policy

It is the policy of Friends of Asha (GB) not to retain significant reserves but to distribute income when appropriate recipients and projects are identified.

Dr D Finch - Chair
25 September 2021

- 8 -

FRIENDS OF ASHA (GB)

Independent Examiner's Report to the Trustees of Friends of Asha (GB)

I report on the accounts of the Trust for the year ended 31 March 2021, which are set out on pages 8 to 10.

Respective responsibilities of the trustees and examiner

The charity's trustees are responsible for the preparation of the accounts. The Charity's trustees consider that an audit is not required for this year (under section 144(2) of the Charities Act 2011 (the 2011 Act)) and that an independent examination is needed.

It is my responsibility to:

- examine the accounts (under section 145 of the 2011 Act):
- to follow the procedures laid down in the General Directions given by the Charity Commissioners (under section 145(5)(b) of the 2011 Act): and
- to state whether particular matters have come to my attention.

Basis of independent examiner's report

My examination was carried out in accordance with the General Directions given by the Charity Commissioners. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosure in the accounts and seeking explanations from you as trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently no opinion as to whether the accounts present a 'true and fair view' and the report is limited to those matters set out in the statement below.

Independent examiner's statement

In connection with my examination, no matter has come to my attention.

- (1) which gives me reasonable cause to believe that in any material respect the requirements
 - to keep accounting records in accordance with section s130 of the 2011 Act; and
 - to prepare accounts which accord with the accounting records and to comply with the accounting requirements of the 2011 Acthave not been met; or
- (2) to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

Bells Accountants
10a High Street
Chislehurst
Kent
BR7 6LH

25 September 2021

- 9 -

FRIENDS OF ASHA (GB)

RECEIPTS AND PAYMENTS ACCOUNT FOR THE YEAR ENDED 31 MARCH 2021

	Unrestricted Funds	Restricted Funds	Total Funds 2021	Total Funds 2020
	£	£	£	£
Receipts				
Donations received	204,707	24,374	229,081	152,693
Tax reclaimed	<u>9,402</u>	<u>-</u>	<u>9,402</u>	<u>10,441</u>

Total receipts		214,109	24,374,238,483	163,134
Payments				
Charitable expenditure				
<i>Direct charitable expenditure</i>				
Grants payable	-	236,547	236,547	135,000
Hope and Spice cookbook	-	-	-	6,550
Student expenses	-	-	-	3,764
Supper Club	-	-	-	1,715
Stall fee	-	-	-	175
<i>Support costs</i>				
<i>Administration:</i>				
Postage and stationery	31		31	420
Travel	-		-	1,646
Bank charges	320		320	347
Advertising/marketing	10,274		10,274	-
Office and computer expenses	-		-	232
Professional fees	234		234	1,555
Sundries	60			60
<u>180</u>				
	10,919	236,547	247,466	151,684
<i>Governance costs:</i>				
Accountancy fees	900	-	900	900
Total payments	11,819	236,547	248,366	152,584
Net receipts/(payments)	202,290	(212,173)	(9,883)	10,550
Cash and bank balances b/f			38,319	27,769
Cash and bank balances c/f			28,436	38,319

- 10 -

FRIENDS OF ASHA (GB)

STATEMENTS OF ASSETS AND LIABILITIES AS AT 31 MARCH 2021

	2021	2020
	£	£
Cash funds		
Bank current account	28,436	38,319

Assets retained for own use

Tax refundable	13,945	9,402
	=====	=====

Liabilities

Accountancy fees (900)	(900)	
	=====	=====

We approve the accounts on pages 10 to 12 and confirm that we have made available all relevant records and information for their compilation.

Signed on behalf of the trustees

Mr D Finch
Trustee

25 September 2021

FRIENDS OF ASHA (GB)**NOTES TO THE RECEIPTS AND PAYMENTS ACCOUNT
FOR THE YEAR ENDED 31 MARCH 2021**

1 Restricted funds

These represent specific gifts from supporters towards various programmes undertaken by Asha. The amount comprises:

	2021	2020
	£	£
5,110 Training and education	3,240	
Relief fund and elderly care	-	560
CHVs and midwives	3,134	1,972
Blankets	-	350
Vaccinations	-	100
17,000 Riverbed project	18,000	
	-----	-----
	24,374	25,092
	=====	=====

2 Trustees transactions

There were no transactions with trustees during the year that require disclosure.