

# LIFE PLUS

England & Wales · Charity number 1107845

## Details

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**Status** Registered

**Legal form** Trust

**Registered** 2005-01-28

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

## Contact

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**Address** 9 Grinton Avenue  
Manchester  
M13 0QS

**Phone** 07305191833

**Email** [info@lifeplus.org.uk](mailto:info@lifeplus.org.uk)

**Website** [www.lifeplus.org.uk](http://www.lifeplus.org.uk)

## Activities

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**Objects:** 1. THE RELIEF OF POVERTY, HARDSHIP AND DISTRESS, BOTH WITHIN THE UK AND OVERSEAS, THROUGH THE PROVISION OF ASSISTANCE TO THOSE SUFFERING AS A RESULT OF WAR, CIVIL DISTURBANCE, NATURAL DISASTER, DISEASE, DISABILITY, STARVATION, SOCIAL ECONOMIC CIRCUMSTANCE, BY SUCH EXCLUSIVELY CHARITABLE MEANS AS THE TRUSTEES SHALL FROM TIME TO TIME DETERMINE.2. THE ADVANCEMENT OF EDUCATION, BOTH WITHIN THE UK AND OVERSEAS, BY PROVISION OF ASSISTANCE IN THE PROVISION OF EDUCATIONAL OR TRAINING OPPORTUNITIES TO THOSE PERSONS WHO WOULD OTHERWISE BE UNABLE TO ACCESS SUCH OPPORTUNITIES. ASSISTANCE MAY BE GIVEN AS FINANCIAL OR MATERIAL AND AT THE DISCRETION OF THE TRUSTEES.3. THE RELIEF OF SICKNESS AND THE PRESERVATION AND PROTECTION OF GOOD HEALTH WITHIN THE UK AND OVERSEAS AMONG THOSE IN NEED(INCLUDING, BUT NOT BY WAY OF LIMITATION, THOSE SUFFERING AS A RESULT OF SUBSTANCE ABUSE OR ADDICTION), BY THE PROVISION OF OR ASSISTANCE IN THE PROVISION OF SAFE DRINKING WATER, BASIC SANITATION, MEDICAL/HEALTH ADVICE AND INFORMATION, OR SUCH OTHER HELP AS THE TRUSTEES SHALL FROM TIME TO TIME DETERMINE4. THE PROVISION IN THE INTEREST OF SOCIAL WELFARE OF FACILITIES FOR RECREATION AND OTHER LEISURE TIME OCCUPATION, BOTH WITHIN THE UK AND OVERSEAS, FOR THOSE IN NEED OF SUCH FACILITIES BY REASON OF AGE, INFIRMITY, DISABILITY, OR SOCIAL/ECONOMIC CIRCUMSTANCES, WITH THE OBJECT OF IMPROVING THEIR CONDITIONS OF LIFE

**Activities:** Charity works both in the UK and in South East Asia.UK: Youth and Social workBangladesh: Health services (Medical camps, infant and maternity services, provide better education). Education support

primary & secondary education: formal and non formal. Employment generation and Empowerment of Women. Emergency Food relief.

## Classification

- **How:** Makes Grants To Individuals, Makes Grants To Organisations, Provides Services, Provides Advocacy/advice/information, Sponsors Or Undertakes Research
- **What:** General Charitable Purposes, Education/training, The Advancement Of Health Or Saving Of Lives, Disability, The Prevention Or Relief Of Poverty, Overseas Aid/famine Relief, Arts/culture/heritage/science, Amateur Sport, Environment/conservation/heritage, Economic/community Development/employment, Human Rights/religious Or Racial Harmony/equality Or Diversity, Recreation
- **Who:** Children/young People, Elderly/old People, People With Disabilities, The General Public/mankind

## Geography

- **Area of benefit:** UK AND OVERSEAS
- Bangladesh
- Manchester City

## Finances

Period end	Income	Expenditure	Assets	Employees
2025-04-01	£12,613	£12,500	-	-
2024-04-01	£11,747	£10,607	-	-
2023-04-01	£21,476	£24,890	-	-
2022-04-01	£17,919	£19,740	-	-
2021-04-01	£37,837	£38,700	-	-

## Trustees

Name	Role	Appointed
MR SHAFI RAHMAN	Chair	
RAZIA HUSSAIN		2012-01-31
SHEIKH SIRITAJ HUSSAIN		

**LIFE PLUS**

England & Wales - Charity number 1107845

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# Accounts

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## TRUSTEES ANNUAL REPORT & ACCOUNTS 2020 – 2021



Life Plus, charity registration number: 1107845

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## **ABOUT THIS REPORT**

This Annual Report and statement of accounts concerns the period March 2020 – March 2021.

This report concerns the charity organisation Life Plus, charity registration number: 1107845.

This report has been circulated to the Trustees of Life Plus.

This report has been reviewed by an Independent Examiner as per guidelines provided by the Charity Commission.

## **INDEPENDENT EXAMINATION (IE)**

The Independent examiner:

Mr. Mubin Uddin Chowdhury

Job Role: Project Officer, Manchester City Council

Address: 7 Sawayfield Ave, M13 0NQ

Tel: 0795 656 5070

Email: m.uddin@manchester.gov.uk

Communication between Life Plus and IE See Appendix A.

Review request made 22/01/2022

Review feedback received 26/01/2022

**Note:** Independent examiner was satisfied with the report and no major concerns expressed by him. His key recommendation is to employ a qualified accountant for any future reviews.

## **ABOUT LIFE PLUS**

Life Plus is a non-profit making, non-political and non-sectarian charitable and humanitarian organisation set up to serve the most destitute of people regardless of their race, creed, colour and gender etc. It is intended to serve two main areas, UK & Bangladesh, and it is a registered charity number 1107845 (with the Charity Commission of England and Wales).

## **BACKGROUND**

Life Plus was set up in the summer of 2003 by a small group of young local people from Manchester with a view to promote human values. Since most of the trustee and members are of Bangladeshi background, they wanted to work for the local community primarily in Manchester promoting social cohesion and in Bangladesh to help alleviate poverty through education and health awareness programs as well as employment generation schemes.

## **TRUSTEES**

Life Plus has 3-member board of trustees, and currently the board is in search to add one trustees to replace Sophie Blackham who resigned. The entire team in Life Plus are indebted to her amazing contributions. Current trustees are: Mrs. Sheikh Siritaj Hussain, Ms Sheikh Razia Hussain and Mr Shafihur Rahman.

## **CONTACT DETAILS**

9 Grinton Ave Longsight Manchester, M13 0QS

Telephone: +44 7305 191 833, Email: [info@lifeplus.org.uk](mailto:info@lifeplus.org.uk)

## **BANK:**

HSBC Sort Code: 40-31-49 Account: 40002097

## **ONLINE**

[www.lifeplus.org.uk](http://www.lifeplus.org.uk)

Facebook Page: <https://www.facebook.com/LifePlusNGO/>

Facebook Group: <https://www.facebook.com/groups/12153931573/>

## **PARTNERS**

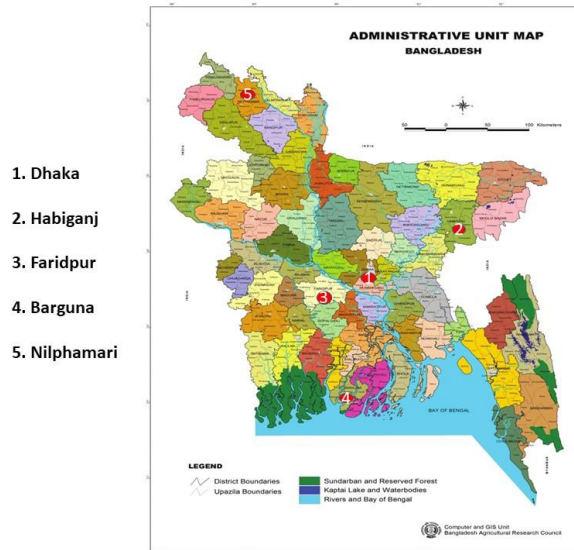
Key Bangladeshi project partner is the Life Plus Institute for Social Advancement a registered NGO with the Bangladesh NGO Bureau. Other partners we worked with are:

- NonditaSurokkha: <https://www.facebook.com/NonditaSurokkha>
- Agamir Bangladesh Foundation <https://www.facebook.com/groups/484964755268453>
- Children's Heaven: <https://www.facebook.com/childrens.heaven>
- Jibontori Pathshala: <https://www.facebook.com/groups/1590576321020213>

We also worked with a few British charities:

- People's Foundation <https://www.facebook.com/peoplesfoundationUK>
- Sylhet Aid - <https://www.facebook.com/SylhetAid/>
- Khatuns Foundation

## LOCATIONS OF OUR WORK IN BANGLADESH:



## THE MISSION

The mission of the charity is to carry out the following OBJECTS as defined in the constitution:

- Advice workshop
- Youth, Family and OAP activities
- Social welfare
- Health & Education
- Support deprived communities
- Alleviate poverty etc.

## SUMMARY

This year (2020 – 2021) was an exceptional year that impacted most people by COVID19 in some way or another. The strict Covid19 lockdown rules in Bangladesh left hundreds of thousand of people across the country hungry and in destitute situation many children, elderly and vulnerable people could barely have a single decent meal a day, our appeal for emergency Covid19 was a very successful one where our donors responded very generously, and we believe this appeal helped Life Plus raise a total of £37,837.00 the most donation since we first set up.

Covid19 also meant we had to limit our physical activities in the UK, but we did carry on doing online COVID19 related seminars and awareness campaigns primarily or the British Bangladeshi Communities in Manchester and across the UK.

## COVID19 AWARENESS & PREVENTION APPEAL

We started to work on this from around Feb/March 2020 when we announced our plans to help prevent (1) spread of COVID19 (2) to help those families affected by the strict curfew plans announced by the Bangladesh government that affected hundreds of thousands of poor daily wage-earning families.

## COVID19 PREVENTION KITS

A total of around 1300 covid19 prevention kits were provided, kits include: Soap/Sanitiser, Face Mask, covid information leaflets etc.

## COVID19 & RAMADAN FOOD RELIEF PACKS

In addition, a total of 1500 food sacks has been provided to the most in need including the elderly, widows, farmers, orphans, unemployed etc. across different parts of Bangladesh namely within the districts of Habiganj, Faridpur, Nilphamari & Dhaka, some of the items provided includes those in the table below:

COVID FOOD SACKS £10 each			
Items	Unit price	Quantity	Total (TAKA)
Oil	105	2	210
Atta	38	6	228
Rice	45	4	180
Potatoes	53	3	159
Daal	70	2	140
Ciraa	60	1	60
Onion	60	1	60
<b>Total</b>	<b>431</b>	<b>19 KG</b>	<b>1037</b>
1037 Taka per family			
19 KG of food per sack per			

## COVID19 SAFETY & AWARENESS CAMPAIGN

Many campaigns providing information and raising awareness of how to prevent covid, transmission and prevention from physically handing out information leaflets to online session arranged with medical practitioners, some of the online campaigns can be seen here from our FB post:

<https://www.facebook.com/LifePlusNGO/videos/286617392473012>

<https://www.facebook.com/LifePlusNGO/videos/588175895130667>

# COVID & RAMDAN RELIEF IN PICTURES:



**COVID & RAMDAN RELIEF IN PICTURES:**



**CVOID19 PREVENTION KITS IN PICTURES:**



**CVOID19 SANITATION & PREVENTION IN PICTURES:**



**CYCLONE 'AMPHAN' EMERGENCY HOME FIXING WITH CURRUGATED TINS:**



**BANGLADESH FLOOD EMERGENCY RELIEF:**



**BANGLADESH FIRE EMERGENCY RELIEF:**



**RAMDAN HOT IFTAR MEALS:**



**RAMDAN HOT IFTAR MEALS:**



**ORPHAN SPONSORSHIP & GIFT GIVING:**



**Brick House Built for Orphans Urmi, Rumi and Junaid**



## TEACHERS & IMAMS COVID19 SUPPORT



EID GIFTS



**WINTER BLANKETS & CLOTHES DISTRIBUTION**



# QURBANI MEAT FOR NEEDY



# CLEAN AND SAFE DRINKING WATER WELL



# MEDICAL SUPPORT AND TREATMENT



# FINANCIAL STATEMENT

30<sup>th</sup> March 2020 – 29<sup>th</sup> March 2021

## INCOME

Total amount in words: thirty-seven thousand eight hundred and thirty-seven pounds.

Total amount in numbers: £37,837

### Break down

Income Type	Details	Amount £
Regular monthly standing orders	From 16 donors	6,724.00
One off Appeal	Covid19 Relief Appeal	11,500.00
	Ramadan Food Appeal	8,000.00
	Medical Treatment Appeal	1,150.00
	Teachers and Imams Social welfare Appeal	1,100.00
	Orphans Appeal	2,600.00
	Qurbani Appeal	1,000.00
	BD Floods Appeal	1,800.00
	Water Well Appeal	1,900.00
	Winter Blankets Appeal	1,000.00
Others	Miscellaneous	1,063.00
<b>Total</b>		<b>£37,837.00</b>

## FINANCIAL STATEMENT

30<sup>th</sup> March 2020 – 29<sup>th</sup> March 2021

### EXPENDITURE

Total amount in words: thirty-eight thousand & seven hundred pounds


Total amount in numbers: **£38,700.00**

#### Break down


Expense Type	Details	Amount £
Emergency COVID19 Support	Masks, Sanitiser, Latex gloves & Food packs	13,000.00
Emergency Flood Relief	Food packs & sanitary	4,400.00
Teachers and Imaans	Support for no salary due to covid19	1,800.00
Eid Gifts	Eid Gifts for Orphans and needy people	1,500.00
Medical Treatment	Cancer patient support	500.00
	Prosthetic shoes Jameela (10-year-old girl)	500.00
Water Well	10 water wells installation	2,100.00
Orphan Sponsorship	20 Orphans	4,000.00
Winter Blankets	Blanket Distribution	1,300.00
New Library	Furnitures (Tables, chairs, bookshelves etc.)	1,100.00
Health Clinic	LP Health clinic maintenance (roof damaged by storm)	600.00
Ramadan Food / Iftar	Ramadan food & hot Iftar	3,000.00
Volunteer expense	Volunteer expense in Bangladesh	500.00
House Aid	Corrugated Tin Housing support	1,300.00
Salary	Life Plus staff salary	1,500.00
Qurbani	Cows and goats	800.00
Banners/Stationeries	Banners/Stationeries	600.00
Miscellaneous	Admin (UK)	200.00
<b>Total</b>		<b>£38,700.00</b>





## APENDIX A

### Independent Examiner Correspondence

Re: Life Plus Account - Independent Examination 



**Shafi Rahman** <shafitilexpert@gmail.com>  
to Mubin, sheikhshiriraj\_raziahussain90, Life 

 09:38 (2 minutes ago)   

Dear Mubin,

Thank you for your time and review of the Annual Report and statement of accounts. We are really grateful to you especially that you found our work of great importance and your positive feedback. We will try to implement your advice for employing an Accountant for future Annual Report examinations.

Best Wishes,

Shafihur Rahman (Shafi) MSc, BA (Hons)  
Director of ICT  
ITIL Expert, ISO20K Auditor & Practitioner  
Tel (KSA): +966 5811 4 2390 (UK) +44 7305 191 833  
Email: [shafitilexpert@gmail.com](mailto:shafitilexpert@gmail.com)

On Wed, 26 Jan 2022 at 16:34, Mubin Uddin <mubin007@hotmail.com> wrote:

Dear Shafi,

Apologies for the delay. The report and accounts look good to me, and I have no further comments or feedback. I also noticed that some great work was done through LifePlus, so keep the good work.

However, as you are growing fast, I recommend a specialised accountant submitting future accounts to the charity commission.

All the best 🙌

Mubin

On Wed, 26 Jan 2022 at 16:34, Mubin Uddin <mubin007@hotmail.com> wrote:

Dear Shafi,

Apologies for the delay. The report and accounts look good to me, and I have no further comments or feedback. I also noticed that some great work was done through LifePlus, so keep the good work.

However, as you are growing fast, I recommend a specialised accountant submitting future accounts to the charity commission.

All the best 🙌

Mubin

----- Original message -----

From: Shafi Rahman <shafitilexpert@gmail.com>  
Date: 22/01/2022 15:13 (GMT+00:00)  
To: Mubin Uddin <mubin007@hotmail.com>  
Subject: Life Plus Account - Independent Examination

Dear Mubin,

Kindly find attached the Annual Report (2020-2021) for your kind review, evaluation and feedback, and suggestions and recommendations on any aspect of the report and accounts.

Please note we must submit the accounts/return to Charity Commission before the end of this month to be in line with the regulation. So your kind and prompt action is highly appreciated.

Best Wishes,

Shafihur Rahman (Shafi) MSc, BA (Hons)  
Director of ICT  
ITIL Expert, ISO20K Auditor & Practitioner  
Tel (KSA): +966 5811 4 2390 (UK) +44 7305 191 833  
Email: [shafitilexpert@gmail.com](mailto:shafitilexpert@gmail.com)

**Note:** Independent examiner was satisfied with the report and no major concerns expressed by him. His key recommendation is to employ a qualified accountant for any future reviews.

**End of the Report**