

STAND ON YOUR OWN FEET - DIGHAL BAK

England & Wales · Charity number 1111034

Details

Other names SYF

Status Registered

Legal form Other

Registered 2005-08-24

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

Contact

Address 5 Winchester Road
Birmingham
B20 3AL

Phone 01213566643

Email suhel_2u@yahoo.co.uk

Website www.standonyourownfeet.org.uk

Activities

Objects: THE RELIEF AND PREVENTION OF FINANCIAL HARDSHIP, POVERTY, DISTRESS AND SUFFERING, IN THE UK AND ANYWHERE IN THE WORLD, WITH PARTICULAR REFERENCE TO COUNTRIES OF THE DEVELOPING WORLD, ACTING ALONE OR IN ASSOCIATION WITH OTHERS, BY PROVIDING GRANTS, EDUCATION, TRAINING AND ALL NECESSARY SUPPORT, WITH THE ULTIMATE AIM OF ENABLING INDIVIDUALS TO GENERATE SUSTAINABLE INCOME AND STAND ON THERE OWN TO FEET.

Activities: THE RELIEF AND PREVENTION OF FINANCIAL HARDSHIP, POVERTY, DISTRESS AND SUFFERING, IN THE UNITED KINGDOM AND ANYWHERE IN THE WORLD, WITH PARTICULAR REFERENCE TO COUNTRIES OF THE DEVELOPING WORLD,

Classification

- **How:** Makes Grants To Individuals, Makes Grants To Organisations, Provides Human Resources, Provides Buildings/facilities/open Space, Provides Advocacy/advice/information
- **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, Accommodation/housing, Economic/community Development/employment
- **Who:** Children/young People, Elderly/old People, People With Disabilities, Other Charities Or Voluntary Bodies, The General Public/mankind

Geography

- **Area of benefit:** THE UK AND ANYWHERE IN THE WORLD
- Bangladesh
- Birmingham City

Finances

Period end	Income	Expenditure	Assets	Employees
2025-03-31	£77,143	£79,582	-	-
2024-03-31	£50,111	£47,902	-	-
2023-03-31	£47,257	£51,685	-	-
2022-03-31	£56,983	£56,899	-	-
2021-03-31	£58,371	£58,727	-	-

Trustees

Name	Role	Appointed
SUHEL ABU OBEDA	Chair	2005-08-24
Momota Begum		2020-11-07
SAIDUR RAHMAN		2005-08-28

STAND ON YOUR OWN FEET - DIGHAL BAK

England & Wales - Charity number 1111034

Accounts



Trustees' Annual Report for the period

From Period start date 01/04/2024 To Period end date 31/03/2025

Charity name: Stand on Your Own Feet - Dighal Bak

Charity registration number: 1111034

Objectives and Activities

	SORP reference	
Summary of the purposes of the charity as set out in its governing document	Para 1.17	The relief and prevention of financial hardship, poverty, distress and suffering, in the united kingdom and anywhere in the world, with particular reference to countries of the developing world, acting alone or in association with others, by providing grants, education, training and all necessary support with the ultimate aim of enabling individuals to generate sustainable income and stand on their own feet.
Summary of the main activities in relation to those purposes for the public benefit, in particular, the activities, projects or services identified in the accounts.	Para 1.17 and 1.19	Giving grants for ; Sustainable income generation, Medical treatment, home building and relief of poverty
Statement confirming whether the trustees have had regard to the guidance issued by the Charity Commission on public benefit	Para 1.18	The trustees confirm that they have taken cognisance of the guidance issued by the Charity Commission on public benefit

Additional information (optional)

You may choose to include further statements where relevant about:

	SORP reference	
Policy on grant making	Para 1.38	
Policy on social investment including program related investment	Para 1.38	
Contribution made by volunteers	Para 1.38	

Other		

Achievements and Performance

	SORP reference	
Summary of the main achievements of the charity, identifying the difference the charity's work has made to the circumstances of its beneficiaries and any wider benefits to society as a whole.	Para 1.20	<p>Sustainable income Generation - 9 Individuals were given small business grants to set-up own business and 14 families were provided with training to generate and maintain regular income.</p> <p>Hardship Support Many families needed support with basics such as food. 2,775 individuals benefitted from hardship grants.</p> <p>Ramadan Food Parcels for 263 families. Most of the people we work with live hand to mouth and if they don't work for a day they have no rood. In Ramadan, it is often difficult to find work. We provided basic food parcel at a cost of £35 per parcel containing items such as rice, lentils, salt, sugar, onion and oil. Our priority was widows and orphans, enabling them to have food security for the month of Ramadan.</p> <p>Medical Treatment & Medicine - We supported 1,001 individual and families with medical costs.</p> <p>House building - There was a large number of requests for housing costs support due to adverse weather causing flooding. 460 individuals and their families were supported.</p>

Additional information (optional)

You may choose to include further statements where relevant about:

Achievements against objectives set	Para 1.41	
Performance of fundraising activities against objectives set	Para 1.41	
Investment performance	Para 1.41	

against objectives		
Other		

Financial Review

Review of the charity's financial position at the end of the period	Para 1.21	The charity was in surplus by £756 for the year but the reserves from the past year of £3,195 was used. The bank balance/cash was £756 which was surplus to cover 0.1 month of liabilities.
Statement explaining the policy for holding reserves stating why they are held	Para 1.22	
Amount of reserves held	Para 1.22	
Reasons for holding zero reserves	Para 1.22	
Details of fund materially in deficit	Para 1.24	
Explanation of any uncertainties about the charity continuing as a going concern	Para 1.23	

Additional information (optional)

You may choose to include further statements where relevant about:

The charity's principal sources of funds (including any fundraising)	Para 1.47	
Investment policy and objectives including any social investment policy adopted	Para 1.46	
A description of the principal risks facing the charity	Para 1.46	
Other		

Structure, Governance and Management

Description of charity's trusts:		
Type of governing document (trust deed, royal charter)	Para 1.25	Trust Deed
How is the charity constituted? (e.g unincorporated association, CIO)	Para 1.25	Unincorporated
Trustee selection methods including details of any constitutional provisions e.g. election to post or name of any person or body entitled to appoint one or more trustees	Para 1.25	When a vacancy arises, trustees are selected based on skills, knowledge and experience.

Additional information (optional)

You may choose to include further statements where relevant about:

Policies and procedures adopted for the induction and training of trustees	Para 1.51	
The charity's organisational structure and any wider network with which the charity works	Para 1.51	
Relationship with any related parties	Para 1.51	
Other		

Reference and Administrative details

Charity name	Stand on Your Own Feet - Dighal Bak
Other name the charity uses	SYF
Registered charity number	1111034
Charity's principal address	5 Winchester Road, Perry Barr, Birmingham

Funds held as custodian trustees on behalf of others

Description of the assets held in this capacity	n/a
Name and objects of the charity on whose behalf the assets are held and how this falls within the custodian charity's objects	n/a
Details of arrangements for safe custody and segregation of such assets from the charity's own assets	n/a

Additional information (optional)

Names and addresses of advisers (Optional information)

Type of adviser	Name	Address
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Name of chief executive or names of senior staff members (Optional information)

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Exemptions from disclosure

Reason for non-disclosure of key personnel details

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Other optional information

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Declarations

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

Signature(s)	<i>Suhel Obeda</i>	<i>SR</i>
Full name(s)	Suhel Obeda	Saidur Rahman
Position (eg Secretary, Chair, etc)	Chair	Treasurer
Date	17/4/25	



CHARITY COMMISSION
FOR ENGLAND AND WALES

Stand On Your Feet Dighal Bak
Registration No. 1111034

No (if any)

CC16a

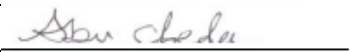

Receipts and payments accounts

For the period from	01-Apr-24	To	31/03/2025
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Section A Receipts and payments

	Unrestricted funds	Restricted funds	Endowment funds	Total funds	Last year
	to the nearest £	to the nearest £	to the nearest £	to the nearest £	to the nearest £
A1 Receipts					
Donations	62,533	-	-	62,533	41,026
Gift Aid Claimed	14,610	-	-	14,610	9,085
	-	-	-	-	-
	-	-	-	-	-
Sub total (Gross income for AR)	77,143	-	-	77,143	50,111
Total receipts	77,143	-	-	77,143	50,111
A3 Payments					
Grants/Gonations Given for ;	-	-	-	-	-
Medicine	6,438	-	-	6,438	17,341
Hardship	31,267	-	-	31,267	19,848
House Building	40,008	-	-	40,008	7,630
Water Wells	120	-	-	120	300
Sanitation	-	-	-	-	76
Wedding support	201	-	-	201	864
Training	326	-	-	326	50
Business	397	-	-	397	1,190
Others _Fees	824	-	-	824	603
	-	-	-	-	-
	-	-	-	-	-
Sub total	79,582	-	-	79,582	47,902
Total payments	79,582	-	-	79,582	47,902
Net of receipts/(payments)	- 2,439	-	-	- 2,439	2,209
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	3,195	-	-	3,195	986
Cash funds this year end	756	-	-	756	3,195.0

Section B Statement of assets and liabilities at the end of the period

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B1 Cash funds		756	-	-
		-	-	-
		-	-	-
	Total cash funds	756	-	-
	(agree balances with receipts and payments account(s))	OK	OK	OK
	Unrestricted funds to nearest £	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
Signed by one or two trustees on behalf of all the trustees	Signature	Print Name	Date of approval	
		Suhel Obeda	17/04/2025	
		Saidur Rahman	17/04/2025	



Section A Independent Examiner's Report

Report to the trustees/
members of

Charity Name
Stand on Your Feet - Dighal Bak

On accounts for the year
ended

31/03/2025	Charity no (if any)	1111034
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Set out on pages

Receipts and Payment Accounts

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended **31/03/2025**.

Responsibilities and basis of
report

As the charity's trustees, you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ("the Act").

I report in respect of my examination of the Trust's accounts carried out under section 145 of the 2011 Act and in carrying out my examination, I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

Independent examiner's
statement

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination (other than that disclosed below *) which gives me cause to believe that in, any material respect:

- the accounting records were not kept in accordance with section 130 of the Charities Act; or
- the accounts did not accord with the accounting records; or
- the accounts did not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a 'true and fair' view which is not a matter considered as part of an independent examination.

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

** Please delete the words in the brackets if they do not apply.*

Signed:

Date: 17/06/2025

4

Name:

Jawaid Yakoob

Relevant professional qualification(s) or body (if any):

FCA (8462707)

Address:

862-864 Washwood Heath Road

Birmingham

B8 2NG

Section B

Disclosure

Only complete if the examiner needs to highlight material matters of concern (see CC32, Independent examination of charity accounts: directions and guidance for examiners).

Give here brief details of any items that the examiner wishes to disclose.

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STAND ON YOUR OWN FEET - DIGHAL BAK

England & Wales - Charity number 1111034

Accounts



Trustees' Annual Report for the period

From Period start date 01/04/2023 To Period end date 31/03/2024

Charity name: Stand on Your Own Feet - Dighal Bak

Charity registration number: 1111034

Objectives and Activities

	SORP reference	
Summary of the purposes of the charity as set out in its governing document	Para 1.17	The relief and prevention of financial hardship, poverty, distress and suffering, in the united kingdom and anywhere in the world, with particular reference to countries of the developing world, acting alone or in association with others, by providing grants, education, training and all necessary support with the ultimate aim of enabling individuals to generate sustainable income and stand on their own feet.
Summary of the main activities in relation to those purposes for the public benefit, in particular, the activities, projects or services identified in the accounts.	Para 1.17 and 1.19	Giving grants for ; Sustainable income generation, Medical treatment, home building and relief of poverty
Statement confirming whether the trustees have had regard to the guidance issued by the Charity Commission on public benefit	Para 1.18	The trustees confirm that they have taken cognisance of the guidance issued by the Charity Commission on public benefit

Additional information (optional)

You may choose to include further statements where relevant about:

	SORP reference	
Policy on grant making	Para 1.38	
Policy on social investment including program related investment	Para 1.38	
Contribution made by volunteers	Para 1.38	

Other		

Achievements and Performance

	SORP reference	
Summary of the main achievements of the charity, identifying the difference the charity's work has made to the circumstances of its beneficiaries and any wider benefits to society as a whole.	Para 1.20	<p>Sustainable income Generation - 11 families were give small business grants to set-up own business and 4 families were provided with training to generate and maintain regular income.</p> <p>Hardship Support Many families needed support with basics such as food. 2,419 individuals benefitted from hardship grants.</p> <p>Ramadan Food Parcels for 237 families. Most of the people we work with live hand to mouth and if they don't work for a day they have no rood. In Ramadan, it is often difficult to find work. We provided basic food parcel at a cost of £35 per parcel containing items such as rice, lentils, salt, sugar, onion and oil. Our priority was widows and orphans, enabling them to have food security for the month of Ramadan.</p> <p>Medical Treatment & Medicine - We supported 55 individual and families with medical costs.</p> <p>House building - There was a large number of requests for housing costs support due to adverse weather causing flooding. 137 individuals and their families were supported.</p>

Additional information (optional)

You may choose to include further statements where relevant about:

Achievements against objectives set	Para 1.41	
Performance of fundraising activities against objectives set	Para 1.41	
Investment performance	Para 1.41	

against objectives		
Other		

Financial Review

Review of the charity's financial position at the end of the period	Para 1.21	The charity was in surplus by £2,197 for the year but the reserves from the past year of £986 was used. The bank balance/cash was £3,183 which was surplus to cover 0.8 month of liabilities.
Statement explaining the policy for holding reserves stating why they are held	Para 1.22	
Amount of reserves held	Para 1.22	
Reasons for holding zero reserves	Para 1.22	
Details of fund materially in deficit	Para 1.24	
Explanation of any uncertainties about the charity continuing as a going concern	Para 1.23	

Additional information (optional)

You may choose to include further statements where relevant about:

The charity's principal sources of funds (including any fundraising)	Para 1.47	
Investment policy and objectives including any social investment policy adopted	Para 1.46	
A description of the principal risks facing the charity	Para 1.46	
Other		

Structure, Governance and Management

Description of charity's trusts:		
Type of governing document (trust deed, royal charter)	Para 1.25	Trust Deed
How is the charity constituted? (e.g unincorporated association, CIO)	Para 1.25	Unincorporated
Trustee selection methods including details of any constitutional provisions e.g. election to post or name of any person or body entitled to appoint one or more trustees	Para 1.25	When a vacancy arises, trustees are selected based on skills, knowledge and experience.

Additional information (optional)

You may choose to include further statements where relevant about:

Policies and procedures adopted for the induction and training of trustees	Para 1.51	
The charity's organisational structure and any wider network with which the charity works	Para 1.51	
Relationship with any related parties	Para 1.51	
Other		

Reference and Administrative details

Charity name	Stand on Your Own Feet - Dighal Bak
Other name the charity uses	SYF
Registered charity number	1111034
Charity's principal address	5 Winchester Road, Perry Barr, Birmingham

Funds held as custodian trustees on behalf of others

Description of the assets held in this capacity	n/a
Name and objects of the charity on whose behalf the assets are held and how this falls within the custodian charity's objects	n/a
Details of arrangements for safe custody and segregation of such assets from the charity's own assets	n/a

Additional information (optional)

Names and addresses of advisers (Optional information)

Type of adviser	Name	Address
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Name of chief executive or names of senior staff members (Optional information)

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Exemptions from disclosure

Reason for non-disclosure of key personnel details

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Other optional information

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Declarations

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

Signature(s)	<i>Suhel Obeda</i>	<i>SR</i>
Full name(s)	Suhel Obeda	Saidur Rahman
Position (eg Secretary, Chair, etc)	Chair	Treasurer
Date	14/7/24	



CHARITY COMMISSION
FOR ENGLAND AND WALES

Stand On Your Feet Dighal Bak
Registration No. 1111034

No (if any)

Receipts and payments accounts

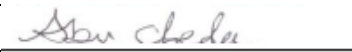

CC16a

For the period from	01-Apr-23	To	31/03/2024
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Section A Receipts and payments

	Unrestricted funds	Restricted funds	Endowment funds	Total funds	Last year
	to the nearest £	to the nearest £	to the nearest £	to the nearest £	to the nearest £
A1 Receipts					
Donations	41,026	-	-	41,026	40,210
Gift Aid Claimed	9,086	-	-	9,086	7,047
	-	-	-	-	-
	-	-	-	-	-
Sub total (Gross income for AR)	50,111	-	-	50,111	47,257
Total receipts	50,111	-	-	50,111	47,257
A3 Payments					
Grants/Gonations Given for ;	-	-	-	-	-
Medicine	17,341	-	-	17,341	6,505
Hardship	19,848	-	-	19,848	32,769
House Building	7,630	-	-	7,630	9,684
Water Wells	300	-	-	300	823
Sanitation	76	-	-	76	-
Wedding support	864	-	-	864	743
Training	50	-	-	50	266
Business	1,190	-	-	1,190	168
Others _Fees	603	-	-	603	425
	-	-	-	-	303
	-	-	-	-	-
Sub total	47,902	-	-	47,902	51,686
Total payments	47,902	-	-	47,902	51,686
Net of receipts/(payments)	2,209	-	-	2,209	- 4,428
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	986	-	-	986	5,414
Cash funds this year end	3,195	-	-	3,195	986.0

Section B Statement of assets and liabilities at the end of the period

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B1 Cash funds		3,195	-	-
		-	-	-
		-	-	-
	Total cash funds	3,195	-	-
	(agree balances with receipts and payments account(s))	OK	OK	OK
	Unrestricted funds to nearest £	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
Signed by one or two trustees on behalf of all the trustees	Signature	Print Name	Date of approval	
		Suhel Obeda	14/07/2024	
		Saidur Rahman	14/07/2024	



Section A Independent Examiner's Report

Report to the trustees/
members of

Charity Name
Stand on Your Feet Dighal Bak

On accounts for the year
ended

31/03/2024	Charity no (if any)	1111034
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Set out on pages

Receipts and Payment Accounts

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended **31/03/2024**.

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I report in respect of my examination of the Trust's accounts carried out under section 145 of the 2011 Act and in carrying out my examination, I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

Independent examiner's
statement

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- the accounting records were not kept in accordance with section 130 of the Charities Act; or
- the accounts did not accord with the accounting records; or
- the accounts did not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a 'true and fair' view which is not a matter considered as part of an independent examination.

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

** Please delete the words in the brackets if they do not apply.*

Signed:

Date: 19/09/2024

4

Name:

Jawaid Yakoob

Relevant professional qualification(s) or body (if any):

FCA (8462707)

Address:

862-864 Washwood Heath Road

Birmingham

B8 2NG

Section B

Disclosure

Only complete if the examiner needs to highlight material matters of concern (see CC32, Independent examination of charity accounts: directions and guidance for examiners).

Give here brief details of any items that the examiner wishes to disclose.

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STAND ON YOUR OWN FEET - DIGHAL BAK

England & Wales - Charity number 1111034

Accounts



Trustees' Annual Report for the period

From Period start date 01/04/2022 To Period end date 31/03/2023

Charity name: Stand on Your Own Feet - Dighal Bak

Charity registration number: 1111034

Objectives and Activities

	SORP reference	
Summary of the purposes of the charity as set out in its governing document	Para 1.17	The relief and prevention of financial hardship, poverty, distress and suffering, in the united kingdom and anywhere in the world, with particular reference to countries of the developing world, acting alone or in association with others, by providing grants, education, training and all necessary support with the ultimate aim of enabling individuals to generate sustainable income and stand on their own feet.
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Other		

Achievements and Performance

	SORP reference	
Summary of the main achievements of the charity, identifying the difference the charity's work has made to the circumstances of its beneficiaries and any wider benefits to society as a whole.	Para 1.20	<p>Sustainable income Generation - 7 families were give small business grants to set-up own business and 4 families were provided with training to generate and maintain regular income.</p> <p>Hardship Support Many families needed support with basics such as food. 4,920 individuals benefitted from hardship grants.</p> <p>Ramadan Food Parcels for 349 families. Most of the people we work with live hand to mouth and if they don't work for a day they have no rood. In Ramadan, it is often difficult to find work. We provided basic food parcel at a cost of £30 per parcel containing items such as rice, lentils, salt, sugar, onion and oil. Our priority was widows and orphans, enabling them to have food security for the month of Ramadan.</p> <p>Medical Treatment & Medicine - We supported 49 individual and families with medical costs.</p> <p>House building - There was a large number of requests for housing costs support due to adverse weather causing flooding. 43 individuals and their families were supported.</p>

Additional information (optional)

You may choose to include further statements where relevant about:

Achievements against objectives set	Para 1.41	
Performance of fundraising activities against objectives set	Para 1.41	
Investment performance	Para 1.41	

against objectives		
Other		

Financial Review

Review of the charity's financial position at the end of the period	Para 1.21	The charity was in surplus by £974 for the year but the reserves from the past year of £5,353 was used. The bank balance/cash was £974 which was surplus to cover 0.2 month of liabilities.
Statement explaining the policy for holding reserves stating why they are held	Para 1.22	
Amount of reserves held	Para 1.22	
Reasons for holding zero reserves	Para 1.22	
Details of fund materially in deficit	Para 1.24	
Explanation of any uncertainties about the charity continuing as a going concern	Para 1.23	

Additional information (optional)

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Trustee selection methods including details of any constitutional provisions e.g. election to post or name of any person or body entitled to appoint one or more trustees	Para 1.25	When a vacancy arises, trustees are selected based on skills, knowledge and experience.

Additional information (optional)

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Reference and Administrative details

Charity name	Stand on Your Own Feet - Dighal Bak
Other name the charity uses	SYF
Registered charity number	1111034
Charity's principal address	5 Winchester Road, Perry Barr, Birmingham

Funds held as custodian trustees on behalf of others

Description of the assets held in this capacity	n/a
Name and objects of the charity on whose behalf the assets are held and how this falls within the custodian charity's objects	n/a
Details of arrangements for safe custody and segregation of such assets from the charity's own assets	n/a

Additional information (optional)

Names and addresses of advisers (Optional information)

Type of adviser	Name	Address
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Name of chief executive or names of senior staff members (Optional information)

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Exemptions from disclosure

Reason for non-disclosure of key personnel details

--

Other optional information

--

Declarations

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

Signature(s)	<i>Suhel Obeda</i>	<i>SR</i>
Full name(s)	Suhel Obeda	Saidur Rahman
Position (eg Secretary, Chair, etc)	Chair	Treasurer
Date	30/6/23	



CHARITY COMMISSION
FOR ENGLAND AND WALES

Stand On Your Feet Dighal Bak
Registration No. 1111034

No (if any)

CC16a

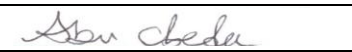

Receipts and payments accounts

For the period from	01-Apr-22	To	31/03/2023
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Section A Receipts and payments

	Unrestricted funds	Restricted funds	Endowment funds	Total funds	Last year
	to the nearest £	to the nearest £	to the nearest £	to the nearest £	to the nearest £
A1 Receipts					
Donations	40,210	-	-	40,210	45,594
Gift Aid Claimed	7,047	-	-	7,047	11,389
	-	-	-	-	-
	-	-	-	-	-
Sub total (Gross income for AR)	47,257	-	-	47,257	56,983
Total receipts	47,257	-	-	47,257	56,983
A3 Payments					
Grants/Gonations Given for ;	-	-	-	-	-
Medicine	6,505	-	-	6,505	5,631
Hardship	32,769	-	-	32,769	30,983
House Building	9,684	-	-	9,684	14,890
Water Wells	823	-	-	823	991
Sanitation	-	-	-	-	129
Wedding support	743	-	-	743	1,222
Training	266	-	-	266	128
Business	168	-	-	168	2,287
Others _ micelaneous	425	-	-	425	197
Fees and costs	303	-	-	303	441
	-	-	-	-	-
Sub total	51,685	-	-	51,685	56,899
Total payments	51,685	-	-	51,685	56,899
Net of receipts/(payments)	- 4,428	-	-	- 4,428	84
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	5,414	-	-	5,414	5,330
Cash funds this year end	986	-	-	986	5,414

Section B Statement of assets and liabilities at the end of the period

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B1 Cash funds		986	-	-
		-	-	-
		-	-	-
	Total cash funds	986	-	-
	(agree balances with receipts and payments account(s))	OK	OK	OK
	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
Signed by one or two trustees on behalf of all the trustees	Signature	Print Name	Date of approval	
		Suhel Obeda	30/06/2023	
		Saidur Rahman	30.6.23	



Section A Independent Examiner's Report

**Report to the trustees/
members of**

Charity Name
Stand on Your Feet Dighal Bak

**On accounts for the year
ended**

31/03/2023	Charity no (if any)	1111034
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Set out on pages

Receipts and Payment Accounts

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended **31/03/2023**.

**Responsibilities and basis of
report**

As the charity's trustees, you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ("the Act").

I report in respect of my examination of the Trust's accounts carried out under section 145 of the 2011 Act and in carrying out my examination, I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

**Independent examiner's
statement**

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination (other than that disclosed below *) which gives me cause to believe that in, any material respect:

- the accounting records were not kept in accordance with section 130 of the Charities Act; or
- the accounts did not accord with the accounting records; or
- the accounts did not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a 'true and fair' view which is not a matter considered as part of an independent examination.

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

** Please delete the words in the brackets if they do not apply.*

Signed:

Date: 08/08/2023

Name:

Jawaid Yakoob

Relevant professional qualification(s) or body (if any):

FCA (8462707)

Address:

862-864 Washwood Heath Road

Birmingham

B8 2NG

Section B

Disclosure

Only complete if the examiner needs to highlight material matters of concern (see CC32, Independent examination of charity accounts: directions and guidance for examiners).

Give here brief details of any items that the examiner wishes to disclose.

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STAND ON YOUR OWN FEET - DIGHAL BAK

England & Wales - Charity number 1111034

Accounts



Trustees' Annual Report for the period

From Period start date 01/04/2020 To Period end date 31/03/2021

Charity name: Stand on Your Own Feet - Dighal Bak

Charity registration number: 1111034

Objectives and Activities

	SORP reference	
Summary of the purposes of the charity as set out in its governing document	Para 1.17	The relief and prevention of financial hardship, poverty, distress and suffering, in the united kingdom and anywhere in the world, with particular reference to countries of the developing world, acting alone or in association with others, by providing grants, education, training and all necessary support with the ultimate aim of enabling individuals to generate sustainable income and stand on their own feet.
Summary of the main activities in relation to those purposes for the public benefit, in particular, the activities, projects or services identified in the accounts.	Para 1.17 and 1.19	Giving grants for ; Sustainable income generation, Medical treatment, home building and relief of poverty
Statement confirming whether the trustees have had regard to the guidance issued by the Charity Commission on public benefit	Para 1.18	The trustees confirm that they have taken cognisance of the guidance issued by the Charity Commission on public benefit

Additional information (optional)

You may choose to include further statements where relevant about:

	SORP reference	
Policy on grant making	Para 1.38	
Policy on social investment including program related investment	Para 1.38	
Contribution made by volunteers	Para 1.38	

Other		

Achievements and Performance

	SORP reference	
Summary of the main achievements of the charity, identifying the difference the charity's work has made to the circumstances of its beneficiaries and any wider benefits to society as a whole.	Para 1.20	<p>Sustainable income Generation - Mosharaf works in tourism to provide for an extended family of 5. With seasonal tourism and impact of Covid-19, he was struggling to survive. He planned to buy a small boat to ferry passengers and goods at the Port of Mongla as well as providing guided tours for a small number of people in the tourism season. This would provide an income all year round. To achieve his plan he had saved 60% of the purchase cost of the boat. We provided the balance of 40% to enable the purchase. He is now able to support his family in a sustainable manner.</p> <p>Hardship Support Due Covid-19, many families needed support with basics such as food. 3,390 individuals benefitted from hardship grants.</p> <p>Ramadan Food Parcels for 269 families. Most of the people we work with live hand to mouth and if they don't work for a day they have no rood. In Ramadan, it is often difficult to find work. We provided basic food parcel at a cost of £30 per parcel containing items such as rice, lentils, salt, sugar, onion and oil. Our priority was widows and orphans, enabling them to have food security for the month of Ramadan.</p> <p>Medical Treatment & Medicine - Imrana Begum, a mother of 2 children, had a stroke and was unable to walk. We provided costs for her medication and physiotherapy. She was able to stand on her feet again and walk.</p> <p>House building - There was a large number of requests for housing costs support due to adverse weather causing flooding. 69 individuals were supported.</p>

Additional information (optional)

You may choose to include further statements where relevant about:

Achievements against objectives set	Para 1.41	
-------------------------------------	-----------	--

Performance of fundraising activities against objectives set	Para 1.41	
Investment performance against objectives	Para 1.41	
Other		

Financial Review

Review of the charity's financial position at the end of the period	Para 1.21	The charity was in deficit by £206 for the year but the reserves from the past year of £5,642 was used to cover this. The bank balance/cash was £5,416 which was surplus to cover 1.0 month of liabilities.
Statement explaining the policy for holding reserves stating why they are held	Para 1.22	
Amount of reserves held	Para 1.22	
Reasons for holding zero reserves	Para 1.22	
Details of fund materially in deficit	Para 1.24	
Explanation of any uncertainties about the charity continuing as a going concern	Para 1.23	

Additional information (optional)

You may choose to include further statements where relevant about:

The charity's principal sources of funds (including any fundraising)	Para 1.47	
Investment policy and objectives including any social investment policy adopted	Para 1.46	
A description of the principal risks facing the charity	Para 1.46	
Other		

Structure, Governance and Management

Description of charity's trusts:		
Type of governing document (trust deed, royal charter)	Para 1.25	Trust Deed
How is the charity constituted? (e.g unincorporated association, CIO)	Para 1.25	Unincorporated
Trustee selection methods including details of any constitutional provisions e.g. election to post or name of any person or body entitled to appoint one or more trustees	Para 1.25	When a vacancy arises, trustees are selected based on skills, knowledge and experience.

Additional information (optional)

You may choose to include further statements where relevant about:

Policies and procedures adopted for the induction and training of trustees	Para 1.51	
The charity's organisational structure and any wider network with which the charity works	Para 1.51	
Relationship with any related parties	Para 1.51	
Other		

Reference and Administrative details

Charity name	Stand on Your Own Feet - Dighal Bak
Other name the charity uses	SYF
Registered charity number	1111034
Charity's principal address	5 Winchester Road, Perry Barr, Birmingham

Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	Suhel Obeda	Chair		n/a
2	Sidur Rahman	Treasurer		n/a
3	Momota Begum	n/a	7/11/2020	n/a
4				
5				
6				
7				
8				
9				
10				
11				
12				
13				
14				
15				
16				
17				
18				
19				
20				

Corporate trustees – names of the directors at the date the report was approved

Director name		
n/a		

Name of trustees holding title to property belonging to the charity

Trustee name	Dates acted if not for whole year	
n/a		

Funds held as custodian trustees on behalf of others

Description of the assets held in this capacity	n/a
Name and objects of the charity on whose behalf the assets are held and how this falls within the custodian charity's objects	n/a
Details of arrangements for safe custody and segregation of such assets from the charity's own assets	n/a

Additional information (optional)

Names and addresses of advisers (Optional information)

Type of adviser	Name	Address
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Name of chief executive or names of senior staff members (Optional information)

--

Exemptions from disclosure

Reason for non-disclosure of key personnel details

--

Other optional information

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Declarations

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

Signature(s)	<i>Suhel Obeda</i>	<i>SR</i>
Full name(s)	Suhel Obeda	Saidur Rahman
Position (eg Secretary, Chair, etc)	Chair	Treasurer
Date	4/8/21	



CHARITY COMMISSION
FOR ENGLAND AND WALES

Stand On Your Feet Dighal Bak
Registration No. 1111034

No (if any)

CC16a

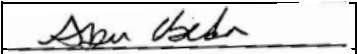

Receipts and payments accounts

For the period from	01-Apr-20	To	31/03/2021
---------------------	-----------	----	------------

Section A Receipts and payments

	Unrestricted funds	Restricted funds	Endowment funds	Total funds	Last year
	to the nearest £	to the nearest £	to the nearest £	to the nearest £	to the nearest £
A1 Receipts					
Donations	48,986	-	-	48,986	29,943
Gift Aid Claimed	9,385	-	-	9,385	5,588
	-	-	-	-	-
	-	-	-	-	-
Sub total (Gross income for AR)	58,371	-	-	58,371	35,531
Total receipts	58,371	-	-	58,371	35,531
A3 Payments					
Grants/Gonations Given for ;	-	-	-	-	-
Medicine	1,936	-	-	1,936	6,058
Hardship	26,833	-	-	26,833	14,699
House Building	26,613	-	-	26,613	7,999
Water Wells	510	-	-	510	579
Sanitation	90	-	-	90	25
Wedding support	-	-	-	-	732
Training	617	-	-	617	619
Business	1,356	-	-	1,356	804
Others _ micelaneous	120	-	-	120	4,477
Fees and costs	653	-	-	653	630
	-	-	-	-	-
Sub total	58,727	-	-	58,727	36,622
Total payments	58,727	-	-	58,727	36,622
Net of receipts/(payments)	- 356	-	-	- 356	- 1,091
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	5,686	-	-	5,686	6,777
Cash funds this year end	5,330	-	-	5,330	5,686

Section B Statement of assets and liabilities at the end of the period

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B1 Cash funds		5,330	-	-
		-	-	-
		-	-	-
	Total cash funds	5,330	-	-
	<small>(agree balances with receipts and payments account(s))</small>	OK	OK	OK
	Unrestricted funds to nearest £	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
Signed by one or two trustees on behalf of all the trustees	Details			
	Signature	Print Name		Date of approval
	 	Suhel Obeda		12/10/2021
		Saidur Rahman		12/10/2021



Section A Independent Examiner's Report

**Report to the trustees/
members of**

Charity Name
Stand on Your Feet Dighal Bak

**On accounts for the year
ended**

31/03/2021	Charity no (if any)	1111034
------------	--------------------------------	---------

Set out on pages

Receipts and Payment Accounts

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I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

** Please delete the words in the brackets if they do not apply.*

Signed:

Date: 17/09/2021

Name: Jawaid Yakoob

Relevant professional qualification(s) or body (if any):

FCA (8462707)

Address:

862-864 Washwood Heath Road

Birmingham

B8 2NG

Section B

Disclosure

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Give here brief details of any items that the examiner wishes to disclose.

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