

SELFLESS

England & Wales · Charity number 1147463

Details

Status	Registered
Legal form	Charitable company
Company number	07879716
Registered	2012-05-25
Register	View on the Charity Commission register

Contact

Address	Selfless Office 108 210 Upper Richmond Road London SW15 6NP
Phone	0203 372 6278
Email	info@selfless.org.uk
Website	www.selfless.org.uk

Activities

Objects: 4.1THE CHARITY'S OBJECTS ("OBJECTS") ARE SPECIFICALLY RESTRICTED TO THE FOLLOWING:4.1.1TO PROMOTE THE VOLUNTARY SECTOR (AS DEFINED ABOVE) FOR THE BENEFIT OF THE PUBLIC IN PARTICULAR BY:A)RAISING AWARENESS OF VOLUNTEERING OPPORTUNITIES;B)PROVIDING ADVICE AND INFORMATION ON VOLUNTEERING OPPORTUNITIES, ENABLING MEMBERS OF THE PUBLIC TO UNDERTAKE VOLUNTARY WORK;C)RECOGNISING THE ACHIEVEMENTS OF VOLUNTEERS; ANDD)RAISING AWARENESS IN CHARITIES AND THE VOLUNTARY SECTOR OF THE BENEFITS OF HAVING VOLUNTEERS.4.1.2TO ADVANCE AND PROMOTE PUBLIC AND PROFESSIONAL EDUCATION, TO RELIEVE SICKNESS AND PRESERVE HEALTH AND TO AID IN THE RELIEF OF POVERTY IN ANY PART OF THE WORLD IN PARTICULAR BY:A)THE EXCHANGE OF MEDICAL KNOWLEDGE, STUDENTS, EQUIPMENT AND PHARMACEUTICAL PRODUCTS;B)SENDING VOLUNTEERS TO OTHER COUNTRIES TO SHARE AND DEVELOP THEIR SKILLS AND UNDERSTANDING AND THEN SHARING THEIR EXPERIENCE WITH OTHER VOLUNTEERS ON THEIR RETURN;C)UNDERTAKING OR ASSISTING IN VOLUNTARY WORK OF ANY KIND; ANDD)UNDERTAKING RESEARCH CONCERNING THESE MATTERS AND PUBLISHING OR OTHERWISE MAKING AVAILABLE THE RESULTS OF SUCH RESEARCH TO THE PUBLIC.

Activities: Our main aim is to connect skilled young people to hundreds of volunteering opportunities in healthcare. We are focused on improving healthcare both locally and worldwide. Elective Aid is a program where medical students are able to travel to Bangladesh and carry out their electives by participating in our free health camps

Classification

- **How:** Provides Human Resources, Provides Services, Provides Advocacy/advice/information, Sponsors Or Undertakes Research
- **What:** General Charitable Purposes, Education/training, The Advancement Of Health Or Saving Of Lives, The Prevention Or Relief Of Poverty, Overseas Aid/famine Relief, Economic/community Development/employment
- **Who:** Children/young People, Other Charities Or Voluntary Bodies, The General Public/mankind

Geography

- **Area of benefit:** WORLDWIDE
- Bangladesh
- Throughout London

Finances

Period end	Income	Expenditure	Assets	Employees
2024-12-30	£30,088	£35,960	-	-
2023-12-30	£11,329	£28,815	-	-
2022-12-30	£6,964	£9,062	-	-
2021-12-30	£3,886	£8,467	-	-
2020-12-30	£17,179	£8,920	-	-

Trustees

Name	Role	Appointed
John-Paul Preston	Chair	2015-05-28
Andrew Doyle		2017-10-09
Narinder Jugpal		2017-10-09
VINCENT CAMERLYNCK		2018-07-11
Zahid Latif		2015-05-28

SELFLESS

England & Wales - Charity number 1147463

Accounts

SELFLESS

DIRECTOR'S & TRUSTEE'S REPORT AND ACCOUNTS

For the year ended 31 December 2024

Company Number: 7879716

Charity Number: 1147463

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SELFLESS**Charity Information**

Director	John-Paul Preston Zahid Latif Andrew Doyle Narinder Jugpal Vincent Camerlynck
Management Committee	John-Paul Preston (Chair) Zahid Latif (Member) Andrew Doyle (Member) Narinder Jugpal (Member) Vincent Camerlynck (Member)
Company number:	7879716
Charity number:	1147463
Principal Office:	Office 108 210 Upper Richmond Road London SW1X 9AL
Independent Examiner:	Misbahul Karim FCCA MMK Chartered Certified Accountants 960 Capability Green Luton LU1 3PE
Bank:	HSBC 28 Borough High Street Southwork London SE1 1YB

SELFLESS

Directors' and Trustees' Report For the year ended 31 December 2024

The trustees are pleased to present this report together with the financial statements of Selfless for the period ending 31 December 2024.

The accounts have been prepared in accordance with the accounting policies set out in note 1 to the accounts and comply with the Charity's Constitution, applicable law and the requirements of the Statement of Recommended Practice, "Accounting and Reporting by Charities" issued in March 2005.

The directors of the charity are its trustees for the purpose of charity law and throughout this report are collectively referred to as the trustees.

Structure, Governance and Management

Governing Documents

The charity is a charitable company limited by guarantee, incorporated on 13 December 2011 and registered as a charity on 25 May 2012. The company was established under a Memorandum of Association which established the objects and powers of the charitable company and is governed under its Articles of Association.

Appointment of Trustees

The directors of the charitable company are also charity's trustees for the purposes of charity law and under the company's Articles. The trustees are eligible to appoint additional co-opted trustees into the management committee under the terms of these articles.

Trustee Induction or Training

The trustees maintain a working knowledge of charity and company law and are kept up to date with the operations of the charity through board meetings held at least bi-annually.

Risk Management

The directors and trustees have identified the major risks to which the Charity is exposed and believe that the systems in place are adequate to mitigate those risks. The charity makes little use of financial instruments other than an operational bank account and so its exposure to price risk, credit risk, liquidity risk is not material for the assessment of the assets, liabilities, financial position and profit or loss of the charity.

Public Benefit Statement

The trustees consider that they have complied with Section 17 of the Charities Act 2011 with regard to the guidance on public benefit published by Charity Commission. The paragraphs below demonstrate the public benefit arising through the Charity's activities.



Objective and Activities

The Charity's objects and regulations are regulated by the constitution adopted and incorporated by the Companies House 13 December 2011.

The Objectives for Selfless are:

- To promote the voluntary sector (as defined above) for the benefit of the public in particular by:
 - a) raising awareness of volunteering opportunities;
 - b) providing advice and information on volunteering opportunities, enabling members of the public to undertake voluntary work;
 - c) recognising the achievements of volunteers; and
 - d) raising awareness in charities and the voluntary sector of the benefits of having volunteers.
- To advance and promote public and professional education, to relieve sickness and preserve health and to aid in the relief of poverty in any part of the world in particular by:
 - a) the exchange of medical knowledge, students, equipment and pharmaceutical products;
 - b) sending volunteers to other countries to share and develop their skills and understanding and then sharing their experience with other volunteers on their return;
 - c) undertaking or assisting in voluntary work of any kind; and
 - d) undertaking research concerning these matters and publishing or otherwise making available the results of such research to the public. and
- To meet these objectives the charity seeks charitable donations and grants from the general public.

This charity is managed by a committee (Board of Trustees) elected by the members to oversee the overall activities and the office bearers are in charge of the day to day running of the charity.

Highlights from our year at Selfless

Elective Aid (Global Health Leadership Programme)

Selfless continued its flagship global health leadership programme combining international healthcare volunteering with meeting the unmet needs of rural underserved communities in Bangladesh.

Our programme harnesses the potential of young people and combined with in-country expertise of the medical professionals and our in-country team. We have relied on this expertise to guide us to the areas of greatest need. Through this programme, we have provided over 3000 rural inhabitants with access to primary healthcare.

Alongside the direct healthcare delivery, we have focused on enabling better understanding of the healthcare system in Bangladesh. This provides an opportunity to share learning and for volunteers to identify further areas for development and create more sustainable longer-term healthcare links.

A Brush with Kindness (Oral health education)



Our oral health education programme 'A Brush with Kindness' has provided 1500 school children in rural Bangladesh with oral hygiene advice and also access to a biodegradable toothbrush to reinforce behaviour change towards oral health during early years.



Upahar (Maternal health education)

We have continued in our efforts to provide evidence-based maternal care to improve outcomes for mother and baby in Bangladesh. Our Upahar (Bangla: Gift) baby bundle programme reached over 100 mothers in Bangladesh.

This project harnesses the power of mHealth to provide messaging of health information to mothers in remote areas of Bangladesh. The Baby Bundle also provides World Health Organisation (WHO) recommended interventions to mother and baby and works within community healthcare infrastructure in Bangladesh.



Porishkar (eye project)

This is a new project designed to target low income families across Bangladesh that may slip into joblessness due to avoidable and treatable blindness of the main breadwinner. The project combines access to underserved communities through medical professionals on motorbikes, partnerships with high-volume centres to provide local surgery, and ensuring good outcomes from trusted providers.

Innovation

Selfless remains committed to finding innovative and sustainable solutions to current healthcare challenges. We retain an interest in Improve Well, a platform that aims to strengthen quality improvement processes in healthcare.

Roles and Contributions of Volunteers

Selfless engages volunteers to support both individual programmes and the general operational procedures of the charity. Selfless engaged 22 volunteers over the course of the reporting period.

Trustees and/or principal officers:

The following officers of the charity have held office for the whole of the year.

John-Paul Preston (Chair)
 Zahid Latif (Member)
 Andrew Doyle (Member)
 Narinder Jugpal (Member)
 Vincent Camerlynck (Member)

The trustees are eligible to appoint additional co-opted trustees into the management committee under the terms of the constitution.

Review of Transactions and Financial Position:

The Statement of Financial Activities reported a net loss of £5,872 for the year (2023: loss of £18,484). Total reserves at year-end stood at £28,095, (£33,967 in the previous year).

Principle Funding Sources

The principal funding sources of Selfless for the period 01/01/2024 to 31/12/2024 were charitable grants, commercial contracts and private donations.

Investment Powers and Policy

Under the Articles of Association, there are no restrictions upon investments made by the charity. All investments will be made following careful consideration by the trustees to further the public benefit of the charity.

Reserves policy

The Management Committee has examined the charity's requirements for reserves in light of the main risks to the organisation. The present level of reserves available to the charity of £28,095 have decreased from last year. Although the strategy is to continue to build reserves through planned operating surpluses, the Management Committee has also considered the extent to which existing activities and expenditure could be curtailed, in the unlikely event that reserves become inadequate to meet the necessary commitments.

Charitable and Political Donations

Selfless made no political or charitable donations in the reporting year from 01/01/2024 to 31/12/2024. All political or charitable donations will only be made following careful consideration by the Trustees to further the public benefit of the charity.

Statement of Trustees' Responsibilities:

Company law requires the directors to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charitable company as at the balance sheet date and of its incoming resources and application of resources, including income and expenditure, for the financial year. In preparing those financial statements, the management committee should follow best practice and:

- select suitable accounting policies and apply them consistently;
- make judgments and estimates that are reasonable and prudent; and
- prepare the financial statements on the going concern basis unless it is not appropriate to assume that the company will continue on that basis.

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

The directors/ trustees do not have any shares in the company/charity and is a company limited by guarantee.

This report was approved by the current Trustees/ directors on 15 October 2025.

Signed on behalf of board of directors/trustees

John-P Preston



John-Paul Preston
Director

INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF SELFLESS

For the year ended 31 December 2024

I report on the accounts of the company for the period ended 31 December 2024, which are set out on pages 10 to 14.

Respective responsibilities of trustees and examiner

The trustees (who are also the directors of the company for the purpose of company law) are responsible for the preparation of the accounts. The 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.

Having satisfied myself that the charity is not subject to audit under company law and is eligible for independent examination, 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 Commission 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 Commission. 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 disclosures 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 is given 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 386 of the Companies Act 2006; and to prepare accounts which accord with the accounting records, comply with the accounting requirements of section 396 of the Companies Act 2006 and with the methods and principles of

the Statement of Recommended Practice: Accounting and Reporting by Charities 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.

Misbahul Karim FCCA
MMK Chartered Certified Accountants
960 Capability Green
Luton
LU1 3PE
Date: 15 October 2025

SELFLESS
STATEMENT OF FINANCIAL ACTIVITIES
For the year ended 31 December
2024

	Notes	Unrestricted Funds £	Restricted Funds £	2024 £	2023 £
Incoming Resources					
Grants & Donations	2	29,878	-	29,878	11,033
Interest Income		210	-	210	296
Total Incoming Resources		30,088	-	30,088	11,330
Resources Expended					
Charitable activities	3	35,120	-	35,120	29,334
Governance cost	4	840	-	840	480
Total Resources Expended		35,960	-	35,960	29,814
Net Income for the year		(5,872)	-	(5,872)	(18,484)
Reconciliation of Funds:					
Total funds, brought forward		33,967	-	33,967	52,452
Total funds, carried forward		28,095	-	28,095	33,967

**CONTINUING
OPERATIONS**

None of the Charity's activities were acquired or discontinued during the above two financial periods.

TOTAL RECOGNISED GAINS AND LOSSES

The Charity has no recognised gains or losses for the above two financial periods.

The notes on pages 12 to 14 form part of these accounts.

SELFLESS**Balance Sheet As At 31 December 2024**

	Notes	£	2024 £	£	2023 £
Fixed Assets					
Fixtures, Fittings and Equipment	7		721		881
			721		881
Investments - fixed	5		800		800
			1,521		1,681
<u>Current Assets</u>					
Cash at Bank			28,487		34,233
			28,487		34,233
<u>Creditors</u>					
Amounts falling due within one year	6		(1,912)		(1,946)
<u>Net Current Assets</u>					
			28,095		33,967
			28,095		33,967
<u>Total Funds of the Charity</u>					
Restricted funds			-		-
Unrestricted Funds			28,095		33,967
Total funds			28,095		33,967

These Accounts were approved by the Management Committee on 15 October 2025

John-P Preston



John-Paul Preston

Chair of the Management Committee

The notes on pages 12-14 form part of these accounts

Selfless**Notes to the Accounts****For the year ended 31 December 2024**

1. Accounting Policies**1.1 Basis of Accounting**

The financial statements have been prepared under the historical cost convention and in accordance with the applicable Accounting Standards, the Statement of Recommended Practice "Accounting and Reporting by Charities" published in March 2005 and the Companies Act 2006. The principal accounting policies adopted in the preparation of the financial statements are set out below.

The company has taken advantage of the exemption in Financial Reporting Standard No. 1 from the requirement to produce a cash flow statement on the grounds that it is a small company.

1.2 Incoming Resources

Voluntary income and donations are included in incoming resources when they are receivable, except when the donors specify that they must be used in future accounting periods or donors' conditions have not been fulfilled, then the income is deferred. The income from fundraising ventures is shown gross, with the associated costs included in fundraising costs.

1.3 Resources Expended

Resources expended are included in the Statement of Financial Activities on an accruals basis, inclusive of any VAT that cannot be recovered.

Expenditure that is directly attributable to specific activities has been included in these cost categories. Where costs are attributable to more than one activity, they have been apportioned across the cost categories on a basis consistent with the use of those resources.

1.4 Going Concern Basis

The financial statements have been prepared on the going concern basis, as in the opinion of the director and trustees, there are no issues arising which would suggest any other basis as being more appropriate.

2. Grants and Donations

	<u>Unrestricted</u>	<u>Restricted</u>	<u>2024</u>	<u>2023</u>
	£	£	£	£
Just Giving.Com	12,656	-	12,156	8,873
Interest	210		210	297
Other Donation	17,222	-	17,222	2,160
	<u>30,088</u>	<u>-</u>	<u>17,162</u>	<u>11,330</u>

3. Cost of Charitable activities

	<u>Unrestricted</u>	<u>Restricted</u>	<u>2024</u>	<u>2023</u>
	£	£	£	£
Cost directly allocated to activities:				
Advertising Cost	1,457	-	1,457	418
Bank Charge	60	-	60	60
Telephone & Internet	417	-	417	402
Events and activities	11,483	-	11,483	10,837
Events and activities - Overseas	19,140	-	19,140	15,237
Premises costs	1,759	-	1,759	1,565
Depreciation	160	-	160	220
General overhead	644	-	644	595
	<u>35,120</u>	<u>-</u>	<u>35,120</u>	<u>29,334</u>

4. Governance Cost

	<u>Unrestricted</u>	<u>Restricted</u>	<u>2024</u>	<u>2023</u>
	£	£	£	£
Accountancy fee	840	-	840	480
	<u>840</u>	<u>-</u>	<u>840</u>	<u>480</u>

5. Investments - Fixed

	<u>2024</u>	<u>2023</u>
	£	£
Unlisted - brought forward	800	800
Unlisted - additions	-	-
Unlisted - disposals	-	-

800	800

6.Creditors: Amounts Falling Due Within One Year

	2024	2023
	£	£
Accountancy Fee	952	986
Other Creditors	960	960
	<u>1,912</u>	<u>1,946</u>

7. Tangible Fixed assets**Fixtures,
Fittings and
Equipment****Cost**

	2024	2023
At 1 January 2024	6,287	6,287
Additions During the Year	-	-
	<u>6,287</u>	<u>6,287</u>

Depreciation

At 1 January 2024	(5,406)	(5,185)
Charge for the Year	(160)	(220)
	<u>(5,566)</u>	<u>(5,406)</u>

Net Book Values

As at 31 December 2023	<u>-</u>	<u>881</u>
As at 31 December 2024	<u>721</u>	