

# HEALTH AND NUTRITION DEVELOPMENT SOCIETY (HANDS) INTERNATIONAL

England & Wales · Charity number 1156471

## Details

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Other names	HEALTH AND NUTRITION DEVELOPMENT SOCIETY (HANDS)INTERNATIONAL, HEALTH AND NUTRITION DEVELOPMENT SOCIETY INTERNATIONAL, HANDS International
Status	Registered
Legal form	CIO
Company number	<a href="#">08709724</a>
Registered	2014-03-31
Register	<a href="#">View on the Charity Commission register</a>

## Contact

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Address	HANDS International 483 Green Lanes London N13 4BS
Phone	02036333679
Email	<a href="mailto:info@handsinternational.org.uk">info@handsinternational.org.uk</a>
Website	<a href="http://www.handsinternational.org.uk">www.handsinternational.org.uk</a>

## Activities

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**Objects:** 1. TO ADVANCE HEALTH AND NUTRITION BY PROVISION OF A VARIETY OF HEALTH SERVICES, FOOD AND HYGIENE IN MARGINALISED COMMUNITIES.2. THE ADVANCEMENT OF EDUCATION BY (BUT NOT LIMITED TO) THE PROVISION OF:-I) ADULT AND CHILD LITERACY CLASSESII) ART & CRAFT TRAININGIII) ESTABLISHMENT OF SCHOOLS ANDIV) LIFE SKILLS3. RELIEF OF FINANCIAL HARDSHIP BY PROVISION OF SHELTER, FOOD AND CLOTHING.4. THE RELIEF OF FINANCIAL NEED AND SUFFERING AMONG VICTIMS OF NATURAL OR OTHER KINDS OF DISASTER IN THE FORM OF MONEY (OR OTHER MEANS DEEMED SUITABLE) FOR PERSONS, BODIES, ORGANISATIONS AND/OR COUNTRIES AFFECTED INCLUDING THE PROVISION OF MEDICAL AID AND IMPARTING SKILLS/TRAININGS TO ENABLE COMMUNITIES TO BE SELF RELIANT.5. TO ADVANCE ANY PURPOSES WHICH ARE EXCLUSIVELY CHARITABLE UNDER THE LAW OF ENGLAND AND WALES FROM TIME TO TIME BY PROVIDING GRANTS TO CHARITIES OR OTHER ORGANISATIONS OR INDIVIDUALS IDENTIFIED BY THE TRUSTEES AT THEIR DISCRETION.

**Activities:** HANDS International is a UK registered charity with well established connections with 6300 Community Based Organisations (CBOs) across the globe. Our vision is to build Healthy, Educated, Prosperous and Equitable Communities. Our mission is to improve health, promote education, alleviate poverty, build infrastructure, and develop social institution for community empowerment.

## Classification

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- **How:** Makes Grants To Individuals, Makes Grants To Organisations, Provides Human Resources, Provides Services, Provides Advocacy/advice/information
- **What:** General Charitable Purposes, Education/training, The Advancement Of Health Or Saving Of Lives, The Prevention Or Relief Of Poverty, Overseas Aid/famine Relief, Human Rights/religious Or Racial Harmony/equality Or Diversity
- **Who:** Other Charities Or Voluntary Bodies, The General Public/mankind

## Geography

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- Bangladesh
- France
- Ghana
- Nepal
- Pakistan
- Yemen
- Throughout London

## Finances

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Period end	Income	Expenditure	Assets	Employees
2025-03-31	£176,297	£41,140	-	-
2024-03-31	£185,455	£74,872	-	-
2023-03-31	£128,626	£76,539	-	-
2022-03-31	£66,939	£56,647	-	-
2021-03-31	£59,840	£62,871	-	-

## Trustees

Name	Role	Appointed
<b>Dr Abdul Gaffar Billoo</b>	Chair	2014-04-01
Abdul Rafay Billoo		2023-05-01
Abdul Samad Billoo		2013-08-30
Dr Faraz Sohail Razi		2023-05-01
Dr Zoya Billoo		2023-05-01
Sheena Billoo		2023-05-01

**HEALTH AND NUTRITION DEVELOPMENT SOCIETY (HANDS) INTERNATIONAL**

England & Wales - Charity number 1156471

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# Accounts

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Health And Nutrition Development Society  
(HANDS) International



Trustee's Report for year ending 31 MARCH 2025

Charity Name: Health And Nutrition Development Society (HANDS) International

Any other name: HANDS International

Charity Number: 1156471

Registered Office: 483 Green Lanes, London N13 4BS

Bankers: Barclays Bank Plc

Founding Trustees: Dr Abdul Gaffar Billoo

Dr Abdul Samad Billoo

Dr Saeed Ismail

Siraj un Nisa Essani

Ghulam Hussain Baloch

### **Structure, Governance and Management:**

Health And Nutrition Development Society (HANDS) International is a Charitable Incorporated Organisation (CIO) under the Constitution dated 31 January 2014.

### **Charity trustees**

#### **Appointment of charity trustees**

(1) Apart from the first charity trustees, every trustee must be appointed for a term of three years by a resolution passed at a properly convened meeting of the charity trustees.

(2) In selecting individuals for appointment as charity trustees, the charity trustees must have regard to the skills, knowledge and experience needed for the effective administration of the CIO.

(3) The current Charity trustees are as follows:-

- a) Prof Abdul Gaffar Billoo
- b) Dr Abdul Samad Billoo
- c) Abdul Rafay Billoo
- d) Sheena Billoo
- e) Dr Faraz Sohail Razi
- f) Dr Zoya Billoo

### **Functions and duties of charity trustees**

The charity trustees shall manage the affairs of the CIO and may for that purpose exercise all the powers of the CIO. It is the duty of each charity trustee:

(a) to exercise his or her powers and to perform his or her functions in his or her capacity as a trustee of the CIO in the way he or she decides in good faith would be most likely to further the purposes of the CIO; and  
(b) to exercise, in the performance of those functions, such care and skill as is reasonable in the circumstances having regard in particular to:

(i) any special knowledge or experience that he or she has or holds himself or herself out as having; and,

(ii) if he or she acts as a charity trustee of the CIO in the course of a business or profession, to any special knowledge or experience that it is reasonable to expect of a person acting in the course of that kind of business or profession.

### **Eligibility for trusteeship**

(a) Every charity trustee must be a natural person.

(b) No one is entitled to act as a charity trustee whether on appointment or on any re-appointment until he or she has expressly acknowledged, in whatever way the charity trustees decide, his or her acceptance of the office of charity trustee.

(c) At least one of the trustees of the CIO must be 18 years of age or over. If there is no trustee aged at least 18 years, the remaining trustees may only act to call a meeting of the charity trustees, or appoint a new charity trustee.

### **Number of charity trustees**

(a) There must be at least three charity trustees. If the number falls below this minimum, the remaining trustee or trustees may act only to call a meeting of the charity trustees, or appoint a new charity trustee.

(b) There is no maximum number of charity trustees that may be appointed to the CIO.

### **Information for new charity trustees**

The charity trustees will make available to each new charity trustee, on or before his or her first appointment:

(a) a copy of the current version of this constitution; and

(b) a copy of the CIO's latest Trustees' Annual Report and statement of accounts.

### **Decisions Making**

Any decision may be taken either:

- At a meeting of the charity trustees; or

- by resolution in writing or electronic form agreed by all of the charity trustees, which may comprise either a single document or several documents containing the text of the resolution in like form to each of which one or more charity trustees has signified their agreement.

### **Reserve Policy**

The trustees have forecast the level of free reserves (that is those funds not tied up in fixed assets, and designated and restricted funds) the charity will require to sustain its operations over the forthcoming year.

The trustees consider that the appropriate level of free reserves at 31 March 2025 should be £100,000.00 which is the amount required to execute organisational objectives in case of a natural disaster was to take place.

The actual free reserves at 31st March 2025 were £135,156.82. It is the trustees' view that it is prudent to ensure that there are sufficient free reserves to provide financial flexibility over the course of the forthcoming years.

### **Public Benefit**

The objectives of the CIO are:-

- a) To advance health and nutrition by provision of a variety of health services, food and hygiene in marginalised communities.
- b) The advancement of education by (but not limited to) the provision of:-
  - i) Adult and child literacy classes
  - ii) Art & craft training
  - iii) Establishment of schools and
  - iv) Life skills training
- c) Relief of financial hardship by provision of shelter, food and clothing.
- d) The relief of financial need and suffering among victims of natural or other kinds of disaster in the form of money (or other means deemed suitable) for persons, bodies, organisations and/or countries affected including the provision of medical aid and imparting skills/trainings to enable communities to be self-reliant.
- e) To advance any purposes which are exclusively charitable under the law of England and Wales from time to time by providing grants to charities or other organisations or individuals identified by the trustees at their discretion.
- f) Nothing in this constitution shall authorise an application of the property of the CIO for the purposes which are not charitable in accordance with [section 7 of the Charities and Trustee Investment (Scotland) Act 2005] and [section 2 of the Charities Act (Northern Ireland) 2008]

## **Achievements (Year Ended 31 March 2025)**

HANDS International has carried out following major activities during this financial year:

- Providing ongoing financial support to refugees in Europe and UK
- Provision of Qurbani facilities in Pakistan, Yemen, Gaza, Myanmar, and Bangladesh on behalf of local Muslim community based in UK
- Supporting homeless people in London by organising food distributions, warm clothing and sign posting to specialist support agencies to enable them to get out of this situation they are in
- Microfinance project to support small businesses for Rohingya refugees in Bangladesh
- Set up home school education facilities for Rohingya refugee children in Bangladesh
- Supporting treatment of special medical cases amongst Rohingya refugees in Bangladesh
- Food parcel distribution in Gaza and Yemen during Ramadan
- Shelter provision and redevelopment of villages effected by floods in Pakistan
- Provision of financial support for non-affording students taking higher education

## **Accounting records, accounts, annual reports and returns, register maintenance**

(1) The charity trustees must comply with the requirements of the Charities Act 2011 with regard to the keeping of accounting records, to the preparation and scrutiny of statements of account, and to the preparation of annual reports and returns. The statements of account, reports and returns must be sent to the Charity Commission, regardless of the income of the CIO, within 10 months of the financial year end.

(2) The charity trustees must comply with their obligation to inform the Commission within 28 days of any change in the particulars of the CIO entered on the Central Register of Charities.

The detailed financial accounts of the charity are provided separately along with the independent examination report of the accounts for year ending 31 March 2025.

Prepared on behalf of trustees

By

Dr Abdul Samad Billoo

Executive Trustee

HANDS International – Health And Nutrition Development Society (HANDS)

International

483 Green Lanes

Palmers Green

London N13 4BS

**HEALTH AND NUTRITION DEVELOPMENT SOCIETY (HANDS) INTERNATIONAL**  
**CHARITY NUMBER 1156471**  
**BALANCE SHEET AS AT MARCH 31, 2025**

**ASSETS:**

**Current Assets:**

Cash & Bank Balances                      £135,156.82

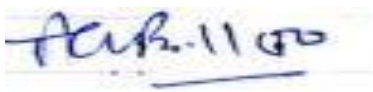
**£135,156.82**

**FUNDS AND LIABILITIES:**

Fund Balance                                      £135,156.82

**Current Liabilities:**                                      £0.00

**£135,156.82**



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**CHAIRMAN**



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**TREASURER**



**HEALTH AND NUTRITION DEVELOPMENT SOCIETY (HANDS) INTERNATIONAL**  
**CHARITY NUMBER 1156471**

**STATEMENT OF INCOME AND EXPENSES**

**FOR THE YEAR PERIOD 1st Apr 2024 to 31st March**

**INCOME:**

Cash at Bank	£110,582.90
Stripe Donations	£4,281.83
PayPal Donations	£2,519.74
Bank Loyalty Reward	£10.29
MCEC	£44,505.00
Gift Aid from HMRC	£3,038.30
Zakat	£9,176.00
Donation from Azra Ahmed	£180.00
Donation from Jamila Hannan	£327.00
Anonymous Donations	£1,675.82
<b>Total</b>	<b>£176,296.88</b>

**EXPENSES:**

Banking Charges	£179.83
Tamar Telecoms	£92.70
Prime Secretarial Office Address	£170.00
Payment to Companies House	£13.00
PayPal Refund	£296.74
BD Project set up	£468.33
Donation Expenses	£39,768.66
social media advertisement	£100.80
Other	£50.00

**Total** **£41,140.06**

**Surplus for the year** **£135,156.82**

**Total** **£176,296.88**

**HEALTH AND NUTRITION DEVELOPMENT SOCIETY (HANDS) INTERNATIONAL  
CHARITY NUMBER 1156471  
FOR THE YEAR PERIOD 1st Apr 2024 to 31st March 2025**

**Donation Expenses by Country**

Uganda	£1,280.00
France	£2,174.87
Yemen	£9,901.00
Gaza	£6,000.00
Pakistan	£1,459.00
Bangladesh	£11,127.40
Myanmar	£1,770.00
UK	£5,502.00
Poland	£554.39
<b>Total</b>	<b>£39,768.66</b>

**HEALTH AND NUTRITION DEVELOPMENT SOCIETY (HANDS) INTERNATIONAL  
CHARITY NUMBER 1156471  
FOR THE YEAR PERIOD 1st Apr 2024 to 31st March 2025**

**Banking Charges**

08/04/2024	£8.50
07/05/2024	£8.50
04/06/2024	£8.50
05/07/2024	£8.50
05/08/2024	£111.33
05/09/2024	£8.50
07/10/2024	£8.50
04/11/2024	£8.50
05/12/2024	£8.50

**Total**                      **£179.33**





**HEALTH AND NUTRITION DEVELOPMENT SOCIETY (HANDS) INTERNATIONAL  
CHARITY NUMBER 1156471  
FOR THE YEAR PERIOD 1st Apr 2024 to 31st March 2025**

**Tamar Telecoms**

24/04/2024	£6.60
24/05/2024	£6.60
24/06/2024	£6.94
24/07/2024	£6.94
27/08/2024	£6.94
24/09/2024	£6.94
24/10/2024	£6.94
25/11/2024	£6.94
24/12/2024	£6.94
24/01/2025	£6.94
24/02/2025	£11.99
24/03/2025	£11.99

**Total**                      **£92.70**

**HEALTH AND NUTRITION DEVELOPMENT SOCIETY (HANDS) INTERNATIONAL  
CHARITY NUMBER 1156471  
FOR THE YEAR PERIOD 1st Apr 2024 to 31st March 2025**

**Miscellaneous Expenses**

Payment to Companies House	£13.00	£13.00
Petty Cash	£50.00	£63.00
		£63.00
		£63.00
		£63.00
<b>Total</b>	<b>£63.00</b>	

## **REPORT OF CHARITY INDEPENDENT EXAMINER**

### **TO THE TRUSTEES OF HEALTH AND NUTRITION DEVELOPMENT SOCIETY (HANDS) INTERNATIONAL**

I report on the accounts of the above charity to the Trustees for the year ended 31st March 2025 which is set out below.

#### **Respective Responsibilities of Trustees and Examiner**

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 charity'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.

#### **Basis of Independent Examiner's Report**

My examination was carried out in accordance with the general directions given by 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 disclosures in the accounts, and seeking explanations from the management committee concerning any such matters. The procedures undertaken do not provide all that would be required in an audit, and consequently I do not express an audit opinion on the view given by the accounts.

#### **Independent Examiner's Statement**

In connection with my examination, no material matter has come to my attention giving me cause to believe that in any material respect:

- accounting records were not kept in accordance with section 130 of the Act; or
- the accounts do not accord with those records; or
- the accounts do not comply with the applicable requirements concerning the form and contents of the accounts set out in the Charities Regulations 2008 other than any requirements 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 the report in order to enable a proper understanding of the accounts to be reached.



**Dr Shaukat N. Khan DBA FInstLM,  
CMC, LCIE**  
Charity Independent Examiner  
23 January 2026

**HEALTH AND NUTRITION DEVELOPMENT SOCIETY (HANDS) INTERNATIONAL**

England & Wales - Charity number 1156471

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# Accounts

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Health And Nutrition Development Society  
(HANDS) International



Trustee's Report for year ending 31 MARCH 2024

Charity Name: Health And Nutrition Development Society (HANDS) International  
Any other name: HANDS International  
Charity Number: 1156471  
Registered Office: 483 Green Lanes, London N13 4BS  
Bankers: Barclays Bank Plc, 2-4 Aldermans Hill, London N13 4PH  
Founding Trustees: Dr Abdul Gaffar Billoo  
Dr Abdul Samad Billoo  
Dr Saeed Ismail  
Siraj un Nisa Essani  
Ghulam Hussain Baloch

### **Structure, Governance and Management:**

Health And Nutrition Development Society (HANDS) International is a Charitable Incorporated Organisation (CIO) under the Constitution dated 31 January 2014.

### **Charity trustees**

#### **Appointment of charity trustees**

(1) Apart from the first charity trustees, every trustee must be appointed for a term of three years by a resolution passed at a properly convened meeting of the charity trustees.

(2) In selecting individuals for appointment as charity trustees, the charity trustees must have regard to the skills, knowledge and experience needed for the effective administration of the CIO.

(3) The current Charity trustees are as follows:-

- a) Prof Abdul Gaffar Billoo
- b) Dr Abdul Samad Billoo
- c) Abdul Rafay Billoo
- d) Sheena Biloo
- e) Dr Faraz Sohail Razi
- f) Dr Zoya Billoo

### **Functions and duties of charity trustees**

The charity trustees shall manage the affairs of the CIO and may for that purpose exercise all the powers of the CIO. It is the duty of each charity trustee:

- (a) to exercise his or her powers and to perform his or her functions in his or her capacity as a trustee of the CIO in the way he or she decides in good faith would be most likely to further the purposes of the CIO; and
- (b) to exercise, in the performance of those functions, such care and skill as is reasonable in the circumstances having regard in particular to:

(i) any special knowledge or experience that he or she has or holds himself or herself out as having; and,

(ii) if he or she acts as a charity trustee of the CIO in the course of a business or profession, to any special knowledge or experience that it is reasonable to expect of a person acting in the course of that kind of business or profession.

### **Eligibility for trusteeship**

- (a) Every charity trustee must be a natural person.
- (b) No one is entitled to act as a charity trustee whether on appointment or on any re-appointment until he or she has expressly acknowledged, in whatever way the charity trustees decide, his or her acceptance of the office of charity trustee.
- (c) At least one of the trustees of the CIO must be 18 years of age or over. If there is no trustee aged at least 18 years, the remaining trustees may only act to call a meeting of the charity trustees, or appoint a new charity trustee.

### **Number of charity trustees**

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### **Information for new charity trustees**

The charity trustees will make available to each new charity trustee, on or before his or her first appointment:

- (a) a copy of the current version of this constitution; and
- (b) a copy of the CIO's latest Trustees' Annual Report and statement of accounts.

### **Decisions Making**

Any decision may be taken either:

- At a meeting of the charity trustees; or

- by resolution in writing or electronic form agreed by all of the charity trustees, which may comprise either a single document or several documents containing the text of the resolution in like form to each of which one or more charity trustees has signified their agreement.

### **Reserve Policy**

The trustees have forecast the level of free reserves (that is those funds not tied up in fixed assets, and designated and restricted funds) the charity will require to sustain its operations over the forthcoming year.

The trustees consider that the appropriate level of free reserves at 31 March 2024 should be £100,000.00 which is the amount required to execute organisational objectives in case of a natural disaster was to take place.

The actual free reserves at 31st March 2024 were £110,582.90 It is the trustees' view that it is prudent to ensure that there are sufficient free reserves to provide financial flexibility over the course of the forthcoming years.

### **Public Benefit**

The objectives of the CIO are:-

- a) To advance health and nutrition by provision of a variety of health services, food and hygiene in marginalised communities.
- b) The advancement of education by (but not limited to) the provision of:-
  - i) Adult and child literacy classes
  - ii) Art & craft training
  - iii) Establishment of schools and
  - iv) Life skills training
- c) Relief of financial hardship by provision of shelter, food and clothing.
- d) The relief of financial need and suffering among victims of natural or other kinds of disaster in the form of money (or other means deemed suitable) for persons, bodies, organisations and/or countries affected including the provision of medical aid and imparting skills/trainings to enable communities to be self-reliant.
- e) To advance any purposes which are exclusively charitable under the law of England and Wales from time to time by providing grants to charities or other organisations or individuals identified by the trustees at their discretion.
- f) Nothing in this constitution shall authorise an application of the property of the CIO for the purposes which are not charitable in accordance with [section 7 of the Charities and Trustee Investment (Scotland) Act 2005] and [section 2 of the Charities Act (Northern Ireland) 2008]

## **Achievements (Year Ended 31 March 2024)**

HANDS International has carried out following major activities during this financial year:

- Providing ongoing financial support to refugees in Calais France
- Provision of Qurbani facilities in Pakistan, Yemen, Gaza and Bangladesh for local Muslim community based in UK
- Supporting homeless people in London by organising food distributions, warm clothing and sign posting to specialist support agencies to enable them to get out of this situation they are in
- Setting up sewing machine enterprise (Testimony Tailors) for Rohingya women in Bangladesh. Started off with 5 women and has now grown to 105 women beneficiaries
- Microfinance project to support small businesses for Rohingya refugees in Bangladesh
- Set up home school education facilities for Rohingya refugee children in Bangladesh
- Supporting treatment of special medical cases amongst Rohingya refugees in Bangladesh
- Building a primary school in Taung Chaung village in Myanmar to provide education to 65 children between the ages of 4 – 14 years
- Food parcel distribution in Gaza and Yemen during Ramadan
- Shelter provision and redevelopment of villages effected by floods in Pakistan.

## **Accounting records, accounts, annual reports and returns, register maintenance**

(1) The charity trustees must comply with the requirements of the Charities Act 2011 with regard to the keeping of accounting records, to the preparation and scrutiny of statements of account, and to the preparation of annual reports and returns. The statements of account, reports and returns must be sent to the Charity Commission, regardless of the income of the CIO, within 10 months of the financial year end.

(2) The charity trustees must comply with their obligation to inform the Commission within 28 days of any change in the particulars of the CIO entered on the Central Register of Charities.

The detailed financial accounts of the charity are provided separately along with the independent examination report of the accounts for year ending 31 March 2024.

Prepared on behalf of trustees

By

Dr Abdul Samad Billoo

Executive Trustee

HANDS International – Health And Nutrition Development Society (HANDS)

International  
483 Green Lanes  
Palmers Green  
London N13 4BS

**HEALTH AND NUTRITION DEVELOPMENT SOCIETY (HANDS) INTERNATIONAL**  
**CHARITY NUMBER 1156471**  
**BALANCE SHEET AS AT MARCH 31, 2024**

**ASSETS:**

**Current Assets:**

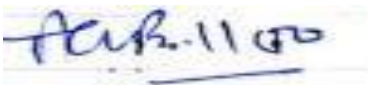
Cash & Bank Balances	£110,582.90
	<b>£110,582.90</b>

**FUNDS AND LIABILITIES:**

Fund Balance	£110,582.90
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<b><u>Current Liabilities:</u></b>	£0.00
	<b>£110,582.90</b>

The annexed notes for an integral part to these accounts



\_\_\_\_\_  
**CHAIRMAN**



\_\_\_\_\_  
**TREASURER**

**HEALTH AND NUTRITION DEVELOPMENT SOCIETY (HANDS) INTERNATIONAL**  
**CHARITY NUMBER 1156471**

**STATEMENT OF INCOME AND EXPENSES**

**FOR THE YEAR PERIOD 1st Apr 2023 to 31st March 2024**

**INCOME:**

Cash at Bank	£129,073.79
Stripe Donations	£1,457.20
PayPal Donations	£1,000.00
Donations via JustGiving	£0.00
Bank Loyalty Reward	£0.00
Amazon Smile Donations	£26.98
MCEC	£30,755.00
Gift Aid from HMRC	£11,974.88
Zakaat from Zoya Billoo	£567.00
Zakaat from SS Ahmed	£300.00
Zakaat from Dr Faraz Razi	£1,000.00
Zakaat from Sohale Saber	£200.00
Donation from Jamila Hanan	£400.00
Donation from A Ahmed	£150.00
Donation from S Ahmad	£2,679.50
Donation from J Akram	£200.00
Zakaat from AS Billoo	£4,910.00
Other income	£760.23
<b>Total</b>	<b>£185,454.58</b>

**EXPENSES:**

Banking Charges	£102.00
Tamar Telecoms	£77.96
Prime Secretarial Office Address	£150.00
Donation Expenses	£74,377.90
Misc Expenses	£163.82
<b>Total</b>	<b>£74,871.68</b>
<b>Reserve for the year</b>	<b>£110,582.90</b>

**Total**

**£185,454.58**

**HEALTH AND NUTRITION DEVELOPMENT SOCIETY (HANDS) INTERNATIONAL  
CHARITY NUMBER 1156471**

**FOR THE YEAR PERIOD 1st Apr 2023 to 31st March 2024**

**Donation Expenses by Country**

Bangladesh	£12,458.00
France	£2,154.37
Yemen	£1,513.20
Gaza	£4,200.00
Pakistan	£52,174.04
Poland (Educational Grant)	£1,598.07
UK	£280.22
<b>Total</b>	<b>£74,377.90</b>

**HEALTH AND NUTRITION DEVELOPMENT SOCIETY (HANDS) INTERNATIONAL  
CHARITY NUMBER 1156471  
FOR THE YEAR PERIOD 1st Apr 2023 to 31st March 2024**

**Banking Charges**

03/04/2023	£8.50	£8.50
09/05/2023	£8.50	£17.00
06/06/2023	£8.50	£25.50
05/07/2023	£8.50	£34.00
04/08/2023	£8.50	£42.50
05/09/2023	£8.50	£51.00
05/10/2023	£8.50	£59.50
06/11/2023	£8.50	£68.00
04/12/2023	£8.50	£76.50
09/01/2024	£8.50	£85.00
05/02/2024	£8.50	£93.50
06/03/2024	£8.50	£102.00
<b>Total</b>	<b>£102.00</b>	

**HEALTH AND NUTRITION DEVELOPMENT SOCIETY (HANDS) INTERNATIONAL  
CHARITY NUMBER 1156471  
FOR THE YEAR PERIOD 1st Apr 2023 to 31st March 2024**

**Tamar Telecoms**

24/04/2023	£6.29	£6.29
24/05/2023	£6.29	£12.58
26/06/2023	£6.29	£18.87
24/07/2023	£6.29	£25.16
24/08/2023	£6.60	£31.76
25/09/2023	£6.60	£38.36
24/10/2023	£6.60	£44.96
24/11/2023	£6.60	£51.56
27/12/2023	£6.60	£58.16
24/01/2024	£6.60	£64.76
26/02/2024	£6.60	£71.36
25/03/2024	£6.60	£77.96
<b>Total</b>	<b>£77.96</b>	

**HEALTH AND NUTRITION DEVELOPMENT SOCIETY (HANDS) INTERNATIONAL  
CHARITY NUMBER 1156471  
FOR THE YEAR PERIOD 1st Apr 2023 to 31st March 2024**

Office Rental and Secretarial Services £150.00

**Total £150.00**

**HEALTH AND NUTRITION DEVELOPMENT SOCIETY (HANDS) INTERNATIONAL  
CHARITY NUMBER 1156471  
FOR THE YEAR PERIOD 1st Apr 2023 to 31st March 2024**

**Miscellaneous Expenses**

Social Media Advert	£163.82	£163.82
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<b>Total</b>	<b>£163.82</b>	
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## REPORT OF CHARITY INDEPENDENT EXAMINER

### TO THE TRUSTEES OF HEALTH AND NUTRITION DEVELOPMENT SOCIETY (HANDS) INTERNATIONAL

I report on the accounts of the above charity to the Trustees for the year ended 31st March 2024 which is set out below.

#### **Respective Responsibilities of Trustees and Examiner**

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 charity'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.

#### **Basis of Independent Examiner's Report**

My examination was carried out in accordance with the general directions given by 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 disclosures in the accounts, and seeking explanations from the management committee concerning any such matters. The procedures undertaken do not provide all that would be required in an audit, and consequently I do not express an audit opinion on the view given by the accounts.

#### **Independent Examiner's Statement**

In connection with my examination, no material matter has come to my attention giving me cause to believe that in any material respect:

- accounting records were not kept in accordance with section 130 of the Act; or
- the accounts do not accord with those records; or
- the accounts do not comply with the applicable requirements concerning the form and contents of the accounts set out in the Charities Regulations 2008 other than any requirements 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 the report in order to enable a proper understanding of the accounts to be reached.



**Dr Shaukat N. Khan DBA FInstLM,  
CMC, LCIE**  
Charity Independent Examiner  
21 January 2025

**HEALTH AND NUTRITION DEVELOPMENT SOCIETY (HANDS) INTERNATIONAL**

England & Wales - Charity number 1156471

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# Accounts

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Health And Nutrition Development Society  
(HANDS) International



Trustee's Report for year ending 31 MARCH 2023

Charity Name: Health And Nutrition Development Society (HANDS) International  
Any other name: HANDS International  
Charity Number: 1156471  
Registered Office: 483 Green Lanes, London N13 4BS  
Bankers: Barclays Bank Plc, 2-4 Aldermans Hill, London N13 4PH  
Founding Trustees: Dr Abdul Gaffar Billoo  
Dr Abdul Samad Billoo  
Dr Saeed Ismail  
Siraj un Nisa Essani  
Ghulam Hussain Baloch

### **Structure, Governance and Management:**

Health And Nutrition Development Society (HANDS) International is a Charitable Incorporated Organisation (CIO) under the Constitution dated 31 January 2014.

### **Charity trustees**

#### **Appointment of charity trustees**

(1) Apart from the first charity trustees, every trustee must be appointed for a term of three years by a resolution passed at a properly convened meeting of the charity trustees.

(2) In selecting individuals for appointment as charity trustees, the charity trustees must have regard to the skills, knowledge and experience needed for the effective administration of the CIO.

(3) The current Charity trustees are as follows:-

- a) Prof Abdul Gaffar Billoo
- b) Dr Abdul Samad Billoo
- c) Zafar Iqbal Sardar

### **Functions and duties of charity trustees**

The charity trustees shall manage the affairs of the CIO and may for that purpose exercise all the powers of the CIO. It is the duty of each charity trustee:

- (a) to exercise his or her powers and to perform his or her functions in his or her capacity as a trustee of the CIO in the way he or she decides in good faith would be most likely to further the purposes of the CIO; and

(b) to exercise, in the performance of those functions, such care and skill as is reasonable in the circumstances having regard in particular to:

(i) any special knowledge or experience that he or she has or holds himself or herself out as having; and,

(ii) if he or she acts as a charity trustee of the CIO in the course of a business or profession, to any special knowledge or experience that it is reasonable to expect of a person acting in the course of that kind of business or profession.

### **Eligibility for trusteeship**

(a) Every charity trustee must be a natural person.

(b) No one is entitled to act as a charity trustee whether on appointment or on any re-appointment until he or she has expressly acknowledged, in whatever way the charity trustees decide, his or her acceptance of the office of charity trustee.

(c) At least one of the trustees of the CIO must be 18 years of age or over. If there is no trustee aged at least 18 years, the remaining trustees may only act to call a meeting of the charity trustees, or appoint a new charity trustee.

### **Number of charity trustees**

(a) There must be at least three charity trustees. If the number falls below this minimum, the remaining trustee or trustees may act only to call a meeting of the charity trustees, or appoint a new charity trustee.

(b) There is no maximum number of charity trustees that may be appointed to the CIO.

### **Information for new charity trustees**

The charity trustees will make available to each new charity trustee, on or before his or her first appointment:

(a) a copy of the current version of this constitution; and

(b) a copy of the CIO's latest Trustees' Annual Report and statement of accounts.

### **Decisions Making**

Any decision may be taken either:

- At a meeting of the charity trustees; or
- by resolution in writing or electronic form agreed by all of the charity trustees, which may comprise either a single document or several documents containing the text of the resolution in like form to each of which one or more charity trustees has signified

their agreement.

### **Reserve Policy**

The trustees have forecast the level of free reserves (that is those funds not tied up in fixed assets, and designated and restricted funds) the charity will require to sustain its operations over the forthcoming year.

The trustees consider that the appropriate level of free reserves at 31 March 2023 should be £85,000.00 which is the amount required to execute organisational objectives in case of a natural disaster was to take place.

The actual free reserves at 31st March 2023 were £129,073.79 It is the trustees' view that it is prudent to ensure that there are sufficient free reserves to provide financial flexibility over the course of the forthcoming years.

### **Public Benefit**

The objectives of the CIO are:-

- a) To advance health and nutrition by provision of a variety of health services, food and hygiene in marginalised communities.
- b) The advancement of education by (but not limited to) the provision of:-
  - i) Adult and child literacy classes
  - ii) Art & craft training
  - iii) Establishment of schools and
  - iv) Life skills training
- c) Relief of financial hardship by provision of shelter, food and clothing.
- d) The relief of financial need and suffering among victims of natural or other kinds of disaster in the form of money (or other means deemed suitable) for persons, bodies, organisations and/or countries affected including the provision of medical aid and imparting skills/trainings to enable communities to be self-reliant.
- e) To advance any purposes which are exclusively charitable under the law of England and Wales from time to time by providing grants to charities or other organisations or individuals identified by the trustees at their discretion.
- f) Nothing in this constitution shall authorise an application of the property of the CIO for the purposes which are not charitable in accordance with [section 7 of the Charities and Trustee Investment (Scotland) Act 2005] and [section 2 of the Charities Act (Northern Ireland) 2008]

## **Achievements and Performance**

HANDS International has carried out following major activities during this financial year:

- Providing ongoing financial support to refugees in Calais France
- Provision of Qurbani facilities in Pakistan, Yemen, Gaza and Bangladesh for local Muslim community based in UK
- Supporting homeless people in London by organising food distributions, warm clothing and sign posting to specialist support agencies to enable them to get out of this situation they are in
- Setting up sewing machine enterprise (Testimony Tailors) for Rohingya women in Bangladesh. Started off with 5 women and has now grown to 105 women beneficiaries
- Microfinance project to support small businesses for Rohingya refugees in Bangladesh
- Set up home school education facilities for Rohingya refugee children in Bangladesh
- Supporting treatment of special medical cases amongst Rohingya refugees in Bangladesh
- Building a primary school in Taung Chaung village in Myanmar to provide education to 65 children between the ages of 4 – 14 years
- Food parcel distribution in Gaza and Yemen during Ramadan

## **Accounting records, accounts, annual reports and returns, register maintenance**

(1) The charity trustees must comply with the requirements of the Charities Act 2011 with regard to the keeping of accounting records, to the preparation and scrutiny of statements of account, and to the preparation of annual reports and returns. The statements of account, reports and returns must be sent to the Charity Commission, regardless of the income of the CIO, within 10 months of the financial year end.

(2) The charity trustees must comply with their obligation to inform the Commission within 28 days of any change in the particulars of the CIO entered on the Central Register of Charities.

The detailed financial accounts of the charity are provided separately along with the independent examination report of the accounts for year ending 31 March 2023.

Prepared on behalf of trustees

By

Dr Abdul Samad Billoo

Executive Trustee

HANDS International – Health And Nutrition Development Society (HANDS)

International

483 Green Lanes

Palmers Green

London N13 4BS

**HEALTH AND NUTRITION DEVELOPMENT SOCIETY (HANDS) INTERNATIONAL**

**CHARITY NUMBER 1156471**

**BALANCE SHEET AS AT MARCH 31, 2023**

**1st Apr-22 to 31st Mar-23**

**GBP**

**ASSETS:**

**Current Assets:**

Cash & Bank Balances

£129,073.79

**£129,073.79**

**FUNDS AND LIABILITIES:**

Fund Balance

£129,073.79

**Current Liabilities:**

£0.00

**£129,073.79**

The annexed notes for an integral part to these accounts

ACB-1100

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**CHAIRMAN**

Paed

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**TREASURER**

**HEALTH AND NUTRITION DEVELOPMENT SOCIETY (HANDS) INTERNATIONAL**

**CHARITY NUMBER 1156471**

**STATEMENT OF INCOME AND EXPENSES**

**FOR THE YEAR PERIOD 1st Apr-2022 to 31st March 20**

**1st Apr-22 to 31st Mar-23**

**GBP**

**INCOME:**

Cash at Bank	£76,987.36
Stripe Donations	£8,714.87
PayPal Donations	£2,500.00
Amazon Smile Donations	£27.86
MCEC	£24,120.00
Gift Aid from HMRC	£2,054.76
Dr Azra Ahmed	£480.00
Samad Billoo	£1,997.00
Jamila Hanan	£480.00
Qurbani	£4,395.00
SS Ahmed	£200.00
Pakistan Flood Relief Donations	£79,669.88
Refund from Soldo	£1,756.52
Community Donations	£2,220.65
Bank Loyalti Reward	£9.26

<b>Total</b>	<b>£205,613.16</b>
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**EXPENSES:**

Banking Charges	£194.55
Tamar Telecoms	£74.28
UK Postbox Office Address	£150.00
Pakistan Flood relief expenses	£11,050.00
Miscellaneous expenses	£1,026.35
Donation Given	64044.19

<b>Total</b>	<b>£76,539.37</b>
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<b>Surplus for the year</b>	<b>£129,073.79</b>
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<b>Total</b>	<b>£205,613.16</b>
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**HEALTH AND NUTRITION DEVELOPMENT SOCIETY (HANDS) INTERNATIONAL  
CHARITY NUMBER 1156471  
FOR THE YEAR PERIOD 1st Apr-2022 to 31st March 2023**

**Banking Charges**

04/04/2022	£8.50	£8.50
10/05/2022	£8.50	£17.00
08/06/2022	£51.55	£68.55
04/07/2022	£8.50	£77.05
04/08/2022	£56.50	£133.55
06/09/2022	£8.50	£142.05
05/10/2022	£8.50	£150.55
04/11/2022	£8.50	£159.05
05/12/2022	£10.00	£169.05
09/01/2023	£8.50	£177.55
06/02/2023	£8.50	£186.05
06/03/2023	£8.50	£194.55
<b>Total</b>	<b>£194.55</b>	

**HEALTH AND NUTRITION DEVELOPMENT SOCIETY (HANDS) INTERNATIONAL  
CHARITY NUMBER 1156471  
FOR THE YEAR PERIOD 1st Apr-2022 to 31st March 2023**

Office Rental and Secretarial Services	£150.00
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<b>Total</b>	<b>£150.00</b>
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**HEALTH AND NUTRITION DEVELOPMENT SOCIETY (HANDS) INTERNATIONAL  
CHARITY NUMBER 1156471  
FOR THE YEAR PERIOD 1st Apr-2022 to 31st March 2023**

**Tamar Telecoms**

25/04/2022	£5.99	£5.99
24/05/2022	£5.99	£11.98
24/06/2022	£5.99	£17.97
25/07/2022	£5.99	£23.96
24/08/2022	£6.29	£30.25
26/09/2022	£6.29	£36.54
24/10/2022	£6.29	£42.83
24/11/2022	£6.29	£49.12
28/12/2022	£6.29	£55.41
24/01/2023	£6.29	£61.70
24/02/2023	£6.29	£67.99
24/03/2023	£6.29	£74.28

**Total**                      **£74.28**

**HEALTH AND NUTRITION DEVELOPMENT SOCIETY (HANDS) INTERNATIONAL  
CHARITY NUMBER 1156471  
FOR THE YEAR PERIOD 1st Apr-2022 to 31st March 2023**

**Miscellaneous Expenses**

Postage	£2.35	£2.35
Admin Expenses	£1,024.00	£1,026.35
		£1,026.35
<b>Total</b>	<b>£1,026.35</b>	

## **REPORT OF CHARITY INDEPENDENT EXAMINER**

### **TO THE TRUSTEES OF HEALTH AND NUTRITION DEVELOPMENT SOCIETY (HANDS) INTERNATIONAL**

I report on the accounts of the above charity to the Trustees for the year ended 31st March 2023 which is set out below.

#### **Respective Responsibilities of Trustees and Examiner**

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 charity'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.

#### **Basis of Independent Examiner's Report**

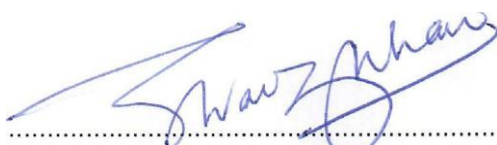
My examination was carried out in accordance with the general directions given by Charity Commissioners. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from the management committee concerning any such matters. The procedures undertaken do not provide all that would be required in an audit, and consequently I do not express an audit opinion on the view given by the accounts.

#### **Independent Examiner's Statement**

In connection with my examination, no material matter has come to my attention giving me cause to believe that in any material respect:

- accounting records were not kept in accordance with section 130 of the Act; or
- the accounts do not accord with those records; or
- the accounts do not comply with the applicable requirements concerning the form and contents of the accounts set out in the Charities Regulations 2008 other than any requirements 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 the report in order to enable a proper understanding of the accounts to be reached.



**Dr Shaukat N. Khan DBA FInstLM,  
CMC, LCIE**  
Charity Independent Examiner  
23 January 2023

**HEALTH AND NUTRITION DEVELOPMENT SOCIETY (HANDS) INTERNATIONAL**

England & Wales - Charity number 1156471

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# Accounts

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Health And Nutrition Development Society  
(HANDS) International



Trustee's Report for year ending 31 MARCH 2022

Charity Name: Health And Nutrition Development Society (HANDS) International  
Any other name: HANDS International  
Charity Number: 1156471  
Registered Office: 483 Green Lanes, London N13 4BS  
Bankers: Barclays Bank Plc, 2-4 Aldermans Hill, London N13 4PH  
Founding Trustees: Dr Abdul Gaffar Billoo  
Dr Abdul Samad Billoo  
Dr Saeed Ismail  
Siraj un Nisa Essani  
Ghulam Hussain Baloch

### **Structure, Governance and Management:**

Health And Nutrition Development Society (HANDS) International is a Charitable Incorporated Organisation (CIO) under the Constitution dated 31 January 2014.

### **Charity trustees**

#### **Appointment of charity trustees**

(1) Apart from the first charity trustees, every trustee must be appointed for a term of three years by a resolution passed at a properly convened meeting of the charity trustees.

(2) In selecting individuals for appointment as charity trustees, the charity trustees must have regard to the skills, knowledge and experience needed for the effective administration of the CIO.

(3) The current Charity trustees are as follows:-

- a) Prof Abdul Gaffar Billoo
- b) Dr Abdul Samad Billoo
- c) Zafar Iqbal Sardar

### **Functions and duties of charity trustees**

The charity trustees shall manage the affairs of the CIO and may for that purpose exercise all the powers of the CIO. It is the duty of each charity trustee:

- (a) to exercise his or her powers and to perform his or her functions in his or her capacity as a trustee of the CIO in the way he or she decides in good faith

would be most likely to further the purposes of the CIO; and

(b) to exercise, in the performance of those functions, such care and skill as is reasonable in the circumstances having regard in particular to:

(i) any special knowledge or experience that he or she has or holds himself or herself out as having; and,

(ii) if he or she acts as a charity trustee of the CIO in the course of a business or profession, to any special knowledge or experience that it is reasonable to expect of a person acting in the course of that kind of business or profession.

### **Eligibility for trusteeship**

(a) Every charity trustee must be a natural person.

(b) No one is entitled to act as a charity trustee whether on appointment or on any re-appointment until he or she has expressly acknowledged, in whatever way the charity trustees decide, his or her acceptance of the office of charity trustee.

(c) At least one of the trustees of the CIO must be 18 years of age or over. If there is no trustee aged at least 18 years, the remaining trustees may only act to call a meeting of the charity trustees, or appoint a new charity trustee.

### **Number of charity trustees**

(a) There must be at least three charity trustees. If the number falls below this minimum, the remaining trustee or trustees may act only to call a meeting of the charity trustees, or appoint a new charity trustee.

(b) There is no maximum number of charity trustees that may be appointed to the CIO.

### **Information for new charity trustees**

The charity trustees will make available to each new charity trustee, on or before his or her first appointment:

(a) a copy of the current version of this constitution; and

(b) a copy of the CIO's latest Trustees' Annual Report and statement of accounts.

## **Decisions Making**

Any decision may be taken either:

- At a meeting of the charity trustees; or
- by resolution in writing or electronic form agreed by all of the charity trustees, which may comprise either a single document or several documents containing the text of the resolution in like form to each of which one or more charity trustees has signified their agreement.

## **Reserve Policy**

The trustees have forecast the level of free reserves (that is those funds not tied up in fixed assets, and designated and restricted funds) the charity will require to sustain its operations over the forthcoming year.

The trustees consider that the appropriate level of free reserves at 31 March 2022 should be £85,000.00 which is the amount required to execute organisational objectives in case of a natural disaster was to take place.

The actual free reserves at 31st March 2022 were £76,987.36. Whilst the current level of reserves may prove insufficient, it is the trustees' view that it is prudent to ensure that there are sufficient free reserves to provide financial flexibility over the course of the forthcoming years.

## **Public Benefit**

The objectives of the CIO are:-

- a) To advance health and nutrition by provision of a variety of health services, food and hygiene in marginalised communities.
- b) The advancement of education by (but not limited to) the provision of:-
  - i) Adult and child literacy classes
  - ii) Art & craft training
  - iii) Establishment of schools and
  - iv) Life skills training
- c) Relief of financial hardship by provision of shelter, food and clothing.
- d) The relief of financial need and suffering among victims of natural or other kinds of disaster in the form of money (or other means deemed suitable) for persons, bodies, organisations and/or countries affected including the provision of medical aid and imparting skills/trainings to enable communities to be self-reliant.
- e) To advance any purposes which are exclusively charitable under the law of England and Wales from time to time by providing grants to charities or other organisations or individuals identified by the trustees at their discretion.

f) Nothing in this constitution shall authorise an application of the property of the CIO for the purposes which are not charitable in accordance with [section 7 of the Charities and Trustee Investment (Scotland) Act 2005] and [section 2 of the Charities Act (Northern Ireland) 2008]

### **Achievements and Performance**

HANDS International has carried out following major activities during this financial year:

- Providing ongoing financial support to refugees in Calais France
- Provision of Qurbani facilities in Pakistan, Yemen and Bangladesh for local Muslim community based in UK
- Supporting homeless people in London by organising food distributions, warm clothing and sign posting to specialist support agencies to enable them to get out of this situation they are in. This activity has continued through the initial lockdown due to Covid 19 pandemic.
- Setting up sewing machine enterprise (Testimony Tailors) for Rohingya women in Bangladesh. Started off with 5 women and has now grown to 105 women beneficiaries.
- Microfinance project to support small businesses for Rohingya refugees in Bangladesh
- Set up home school education facilities for Rohingya refugee children in Bangladesh
- Supporting treatment of special medical cases amongst Rohingya refugees in Bangladesh
- Continues to provide support to Rohingya refugees during Covid lockdown when most other charities has ceased their operation.

### **Accounting records, accounts, annual reports and returns, register maintenance**

(1) The charity trustees must comply with the requirements of the Charities Act 2011 with regard to the keeping of accounting records, to the preparation and scrutiny of statements of account, and to the preparation of annual reports and returns. The statements of account, reports and returns must be sent to the Charity Commission, regardless of the income of the CIO, within 10 months of the financial year end.

(2) The charity trustees must comply with their obligation to inform the Commission within 28 days of any change in the particulars of the CIO entered on the Central Register of Charities.

The detailed financial accounts of the charity are provided separately along with the independent examination report of the accounts for year ending 31 March 2022.

Prepared on behalf of trustees

By

Dr Abdul Samad Billoo  
Executive Trustee  
HANDS International – Health And Nutrition Development Society (HANDS)  
International  
483 Green Lanes  
Palmers Green  
London N13 4BS

**HEALTH AND NUTRITION DEVELOPMENT SOCIETY (HANDS) INTERNATIONAL**

**CHARITY NUMBER 1156471**

**BALANCE SHEET AS AT MARCH 31, 2022**

**1st Apr-20 to 31st Mar-21**

**GBP**

**ASSETS:**

**Current Assets:**

Cash & Bank Balances

£76,987.36

**£76,987.36**

**FUNDS AND LIABILITIES:**

Fund Balance

£76,987.36

**Current Liabilities:**

£0.00

**£76,987.36**

The annexed notes for an integral part to these accounts

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CHAIRMAN

Paed

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TREASURER

**HEALTH AND NUTRITION DEVELOPMENT SOCIETY (HANDS) INTERNATIONAL**

**CHARITY NUMBER 1156471**

**STATEMENT OF INCOME AND EXPENSES**

**FOR THE YEAR PERIOD 1st Apr-2021 to 31st March 2022**

**1st Apr-17 to 31st Mar-19**

**GBP**

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**INCOME:**

Cash at Bank	£66,695.82
Stripe Donations	£16,304.16
PayPal Donations	£10,000.00
Amazon Smile Donations	£24.40
MCEC	£12,200.00
Gift Aid from HMRC	£9,115.64
DR Azra Ahmed	£765.00
Nailah Ashraf	£3,150.00
Donations from Samad Billoo	£3,203.20
A R Billoo	£870.00
Medworm Donatios	£480.00
Qurbani	£5,210.00
SS Ahmed	£75.00
Zara Ashraf	£2,674.88
Western Union Refund	£1,334.51
Admin Charges Refund	£1,000.00

Community Donations	£531.59
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<b>Total</b>	<b>£133,634.20</b>
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**EXPENSES:**

Banking Charges	£181.19
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Tamar Telecoms	£71.88
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Prime Secretarial Office Address	£150.00
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Payment to Companies House	£13.00
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Miscellaneous expenses	£1,384.74
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Donation Expenses	£54,846.03
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<b>Total</b>	<b>£56,646.84</b>
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<b>Surplus for the year</b>	<b>£76,987.36</b>
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<b>Total</b>	<b>£133,634.20</b>
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**HEALTH AND NUTRITION DEVELOPMENT SOCIETY (HANDS) INTERNATIONAL  
CHARITY NUMBER 1156471  
FOR THE YEAR PERIOD 1st Apr-2021 to 31st March 2022**

**Donation Expenses by Country**

Pakistan	£11,097.99
France	£1,800.00
Bangladesh	£19,610.21
UK	£5,905.73
Nepal	£3,945.10
Canada	£588.00
Yemen	£5,426.97
Myanmar	£6,472.03

**Total** **£54,846.03**

**HEALTH AND NUTRITION DEVELOPMENT SOCIETY (HANDS) INTERNATIONAL**

**CHARITY NUMBER 1156471**

**FOR THE YEAR PERIOD 1st Apr-2021 to 31st March 2022**

**Banking Charges**

07/04/2021	£6.50	£6.50
06/05/2021	£6.50	£13.00
07/06/2021	£66.41	£79.41
05/07/2021	£37.78	£117.19
04/08/2021	£6.50	£123.69
07/09/2021	£6.50	£130.19
04/10/2021	£8.50	£138.69
04/11/2021	£8.50	£147.19
06/12/2021	£8.50	£155.69
06/01/2022	£8.50	£164.19
04/02/2022	£8.50	£172.69
07/03/2022	£8.50	£181.19
<b>Total</b>	<b>£181.19</b>	

**HEALTH AND NUTRITION DEVELOPMENT SOCIETY (HANDS) INTERNATIONAL  
CHARITY NUMBER 1156471  
FOR THE YEAR PERIOD 1st Apr-2021 to 31st March 2022**

Office Rental and Secretarial Services £150.00

**Total £150.00**

**HEALTH AND NUTRITION DEVELOPMENT SOCIETY (HANDS) INTERNATIONAL  
CHARITY NUMBER 1156471  
FOR THE YEAR PERIOD 1st Apr-2021 to 31st March 2022**

**Tamar Telecoms**

26/04/2021	£5.99	£5.99
24/05/2021	£5.99	£11.98
24/06/2021	£5.99	£17.97
26/07/2021	£5.99	£23.96
24/08/2021	£5.99	£29.95
24/09/2021	£5.99	£35.94
25/10/2021	£5.99	£41.93
124/11/2020	£5.99	£47.92
24/12/2021	£5.99	£53.91
24/01/2022	£5.99	£59.90
24/02/2022	£5.99	£65.89
24/03/2022	£5.99	£71.88
<b>Total</b>	<b>£71.88</b>	

**HEALTH AND NUTRITION DEVELOPMENT SOCIETY (HANDS) INTERNATIONAL  
CHARITY NUMBER 1156471  
FOR THE YEAR PERIOD 1st Apr-2021 to 31st March 2022**

**Miscellaneous Expenses**

Amzon Order for Ink Toners	£37.70	£37.70
Companies House	£13.00	£50.70
Admin Charges	£1,347.04	£1,397.74
		£1,397.74
<b>Total</b>	<b>£1,397.74</b>	

## **REPORT OF CHARITY INDEPENDENT EXAMINER**

### **TO THE TRUSTEES OF HEALTH AND NUTRITION DEVELOPMENT SOCIETY (HANDS) INTERNATIONAL**

I report on the accounts of the above charity to the Trustees for the year ended 31st March 2022 which are set out on following pages

#### **Respective Responsibilities of Trustees and Examiner**

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 charity'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.

#### **Basis of Independent Examiner's Report**

My examination was carried out in accordance with the general directions given by 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 disclosures in the accounts, and seeking explanations from the management committee concerning any such matters. The procedures undertaken do not provide all that would be required in an audit, and consequently I do not express an audit opinion on the view given by the accounts.

#### **Independent Examiner's Statement**

In connection with my examination, no material matter has come to my attention giving me cause to believe that in any material respect:

- accounting records were not kept in accordance with section 130 of the Act; or
- the accounts do not accord with those records; or
- the accounts do not comply with the applicable requirements concerning the form and contents of the accounts set out in the Charities Regulations 2008 other than any requirements 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 the report in order to enable a proper understanding of the accounts to be reached.



**Dr Shaukat N. Khan DBA FInstLM,  
CMC, LCIE**  
Charity Independent Examiner  
23 January 2022

**HEALTH AND NUTRITION DEVELOPMENT SOCIETY (HANDS) INTERNATIONAL**

England & Wales - Charity number 1156471

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# Accounts

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Health And Nutrition Development Society  
(HANDS) International



Trustee's Report for year ending 31 MARCH 2021

Charity Name: Health And Nutrition Development Society (HANDS) International  
Any other name: HANDS International  
Charity Number: 1156471  
Registered Office: 483 Green Lanes, London N13 4BS  
Bankers: Barclays Bank Plc, 2-4 Aldermans Hill, London N13 4PH  
Founding Trustees: Dr Abdul Gaffar Billoo  
Dr Abdul Samad Billoo  
Dr Saeed Ismail  
Siraj un Nisa Essani  
Ghulam Hussain Baloch

### **Structure, Governance and Management:**

Health And Nutrition Development Society (HANDS) International is a Charitable Incorporated Organisation (CIO) under the Constitution dated 31 January 2014.

### **Charity trustees**

#### **Appointment of charity trustees**

(1) Apart from the first charity trustees, every trustee must be appointed for a term of three years by a resolution passed at a properly convened meeting of the charity trustees.

(2) In selecting individuals for appointment as charity trustees, the charity trustees must have regard to the skills, knowledge and experience needed for the effective administration of the CIO.

(3) The current Charity trustees are as follows:-

- a) Prof Abdul Gaffar Billoo
- b) Dr Abdul Samad Billoo
- c) Zafar Iqbal Sardar

### **Functions and duties of charity trustees**

The charity trustees shall manage the affairs of the CIO and may for that purpose exercise all the powers of the CIO. It is the duty of each charity trustee:

- (a) to exercise his or her powers and to perform his or her functions in his or her capacity as a trustee of the CIO in the way he or she decides in good faith

would be most likely to further the purposes of the CIO; and

(b) to exercise, in the performance of those functions, such care and skill as is reasonable in the circumstances having regard in particular to:

(i) any special knowledge or experience that he or she has or holds himself or herself out as having; and,

(ii) if he or she acts as a charity trustee of the CIO in the course of a business or profession, to any special knowledge or experience that it is reasonable to expect of a person acting in the course of that kind of business or profession.

### **Eligibility for trusteeship**

(a) Every charity trustee must be a natural person.

(b) No one is entitled to act as a charity trustee whether on appointment or on any re-appointment until he or she has expressly acknowledged, in whatever way the charity trustees decide, his or her acceptance of the office of charity trustee.

(c) At least one of the trustees of the CIO must be 18 years of age or over. If there is no trustee aged at least 18 years, the remaining trustees may only act to call a meeting of the charity trustees, or appoint a new charity trustee.

### **Number of charity trustees**

(a) There must be at least three charity trustees. If the number falls below this minimum, the remaining trustee or trustees may act only to call a meeting of the charity trustees, or appoint a new charity trustee.

(b) There is no maximum number of charity trustees that may be appointed to the CIO.

### **Information for new charity trustees**

The charity trustees will make available to each new charity trustee, on or before his or her first appointment:

(a) a copy of the current version of this constitution; and

(b) a copy of the CIO's latest Trustees' Annual Report and statement of accounts.

## **Decisions Making**

Any decision may be taken either:

- At a meeting of the charity trustees; or
- by resolution in writing or electronic form agreed by all of the charity trustees, which may comprise either a single document or several documents containing the text of the resolution in like form to each of which one or more charity trustees has signified their agreement.

## **Reserve Policy**

The trustees have forecast the level of free reserves (that is those funds not tied up in fixed assets, and designated and restricted funds) the charity will require to sustain its operations over the forthcoming year.

The trustees consider that the appropriate level of free reserves at 31 March 2021 should be £75,000.00 which is the amount required to execute organisational objectives in case of a natural disaster was to take place.

The actual free reserves at 31st March 2021 were £66895.82. Whilst the current level of reserves may prove insufficient, it is the trustees' view that it is prudent to ensure that there are sufficient free reserves to provide financial flexibility over the course of the forthcoming years.

## **Public Benefit**

The objectives of the CIO are:-

- a) To advance health and nutrition by provision of a variety of health services, food and hygiene in marginalised communities.
- b) The advancement of education by (but not limited to) the provision of:-
  - i) Adult and child literacy classes
  - ii) Art & craft training
  - iii) Establishment of schools and
  - iv) Life skills training
- c) Relief of financial hardship by provision of shelter, food and clothing.
- d) The relief of financial need and suffering among victims of natural or other kinds of disaster in the form of money (or other means deemed suitable) for persons, bodies, organisations and/or countries affected including the provision of medical aid and imparting skills/trainings to enable communities to be self-reliant.
- e) To advance any purposes which are exclusively charitable under the law of England and Wales from time to time by providing grants to charities or other organisations or individuals identified by the trustees at their discretion.

f) Nothing in this constitution shall authorise an application of the property of the CIO for the purposes which are not charitable in accordance with [section 7 of the Charities and Trustee Investment (Scotland) Act 2005] and [section 2 of the Charities Act (Northern Ireland) 2008]

### **Achievements and Performance**

HANDS International has carried out following major activities during this financial year:

- Providing ongoing financial support to refugees in Calais France
- Provision of Qurbani facilities in Pakistan, Yemen and Bangladesh for local Muslim community based in UK
- Supporting homeless people in London by organising food distributions, warm clothing and sign posting to specialist support agencies to enable them to get out of this situation they are in. This activity has continued through the initial lockdown due to Covid 19 pandemic.
- Providing primary healthcare and Flu vaccination to provide protection against Flu pandemic with NHS England's permission
- Setting up sewing machine enterprise (Testimony Tailors) for Rohingya women in Bangladesh. Started off with 5 women and has now grown to 75 women beneficiaries.
- Microfinance project to support small businesses for Rohingya refugees in Bangladesh
- Set up home school education facilities for Rohingya refugee children in Bangladesh
- Supporting treatment of special medical cases amongst Rohingya refugees in Bangladesh
- Continues to provide support to Rohingya refugees during Covid lockdown when most other charities has ceased their operation.

### **Accounting records, accounts, annual reports and returns, register maintenance**

(1) The charity trustees must comply with the requirements of the Charities Act 2011 with regard to the keeping of accounting records, to the preparation and scrutiny of statements of account, and to the preparation of annual reports and returns. The statements of account, reports and returns must be sent to the Charity Commission, regardless of the income of the CIO, within 10 months of the financial year end.

(2) The charity trustees must comply with their obligation to inform the Commission within 28 days of any change in the particulars of the CIO entered on the Central Register of Charities.

The detailed financial accounts of the charity are provided separately along with the independent examination report of the accounts for year ending 31 March 2021.

Prepared on behalf of trustees

By

Dr Abdul Samad Billoo

Executive Trustee

HANDS International – Health And Nutrition Development Society (HANDS)  
International

483 Green Lanes

Palmers Green

London N13 4BS

**HEALTH AND NUTRITION DEVELOPMENT SOCIETY (HANDS) INTERNATIONAL**

**CHARITY NUMBER 1156471**

**BALANCE SHEET AS AT MARCH 31, 2021**

**1st Apr-20 to 31st Mar-21**

**GBP**

**ASSETS:**

**Current Assets:**

Cash & Bank Balances

£66,695.82

**£66,695.82**

**FUNDS AND LIABILITIES:**

Fund Balance

£66,695.82

**Current Liabilities:**

£0.00

**£66,695.82**

The annexed notes for an integral part to these accounts

ALB. 11 00

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**CHAIRMAN**

ALB. 11 00

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**TREASURER**

**HEALTH AND NUTRITION DEVELOPMENT SOCIETY (HANDS) INTERNATIONAL**

**CHARITY NUMBER 1156471**

**STATEMENT OF INCOME AND EXPENSES**

**FOR THE YEAR PERIOD 1st Apr-2020 to 31st March 2021**

**1st Apr-17 to 31st Mar-19**

**GBP**

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**INCOME:**

Cash at Bank	£69,726.79
Stripe Donations	£10,934.77
PayPal Donations	£13,500.00
Donations RM Wright	£1,887.30
Bank Loyalty Reward	£0.15
Amazon Smile Donations	£16.84
MCEC	£18,118.00
Gift Aid from HMRC	£1,137.51
Donations from Samad Billoo	£1,150.00
Zakat	£8,325.00
Medworm Donatios	£240.00
Qurbani	£2,330.00
U BA Sein	£1,520.00
Farida Habib	£286.00
IM Taylor	£200.00
Individual Donations	£194.52

<b>Total</b>	<b>£129,566.88</b>
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**EXPENSES:**

Banking Charges	£60.00
Tamar Telecoms	£71.88
Prime Secretarial Office Address	£160.00
Payment to Companies House	£13.00
Donation Expenses	£62,528.48
Miscellaneous expenses	£37.70

<b>Total</b>	<b>£62,871.06</b>
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<b>Surplus for the year</b>	<b>£66,695.82</b>
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<b>Total</b>	<b>£129,566.88</b>
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**HEALTH AND NUTRITION DEVELOPMENT SOCIETY (HANDS) INTERNATIONAL  
CHARITY NUMBER 1156471  
FOR THE YEAR PERIOD 1st Apr-2020 to 31st March 2021**

**Donation Expenses by Country**

Pakistan	£6,183.06
France	£1,350.00
Bangladesh	£37,898.23
UK	£4,841.73
Nepal	£6,086.85
Canada	£3,000.00
Yemen	£3,168.61
<b>Total</b>	<b>£62,528.48</b>

**HEALTH AND NUTRITION DEVELOPMENT SOCIETY (HANDS) INTERNATIONAL  
CHARITY NUMBER 1156471  
FOR THE YEAR PERIOD 1st Apr-2020 to 31st March 2021**

**Banking Charges**

06/04/2020	£6.50	£6.50
03/08/2020	£6.50	£13.00
07/09/2020	£6.50	£19.50
05/10/2020	£6.50	£26.00
04/11/2020	£6.50	£32.50
07/12/2020	£6.50	£39.00
07/01/2021	£8.00	£47.00
04/02/2021	£6.50	£53.50
08/03/2021	£6.50	£60.00
<b>Total</b>	<b>£60.00</b>	

**HEALTH AND NUTRITION DEVELOPMENT SOCIETY (HANDS) INTERNATIONAL  
CHARITY NUMBER 1156471  
FOR THE YEAR PERIOD 1st Apr-2020 to 31st March 2021**

Office Rental and Secretarial Services £160.00

**Total £160.00**

**HEALTH AND NUTRITION DEVELOPMENT SOCIETY (HANDS) INTERNATIONAL  
CHARITY NUMBER 1156471  
FOR THE YEAR PERIOD 1st Apr-2020 to 31st March 2021**

**Tamar Telecoms**

24/04/2020	£5.99	£5.99
29/05/2020	£5.99	£11.98
24/06/2020	£5.99	£17.97
24/07/2020	£5.99	£23.96
24/08/2020	£5.99	£29.95
24/09/2020	£5.99	£35.94
26/10/2020	£5.99	£41.93
24/11/2020	£5.99	£47.92
24/12/2020	£5.99	£53.91
25/01/2021	£5.99	£59.90
24/02/2021	£5.99	£65.89
24/03/2021	£5.99	£71.88
<b>Total</b>	<b>£71.88</b>	

**HEALTH AND NUTRITION DEVELOPMENT SOCIETY (HANDS) INTERNATIONAL  
CHARITY NUMBER 1156471  
FOR THE YEAR PERIOD 1st Apr-2020 to 31st March 2021**

**Miscellaneous Expenses**

Amzon Order for Ink Toners	£37.70	£37.70
Companies House	£13.00	£50.70
		£50.70
		£50.70
<b>Total</b>	<b>£50.70</b>	