

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:

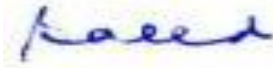
£0.00

£129,073.79

The annexed notes for an integral part to these accounts

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CHAIRMAN

A handwritten signature in blue ink, appearing to read "K. A. 11 00", written on a light-colored rectangular background.

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

Total	£205,613.16
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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

Total	£76,539.37
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Surplus for the year	£129,073.79
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Total	£205,613.16
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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

Donation Expenses by Country

Pakistan	£21,751.67
France	£1,800.00
Bangladesh	£18,468.00
UK	£2,796.66
Gaza	£4,060.00
Yemen	£7,627.08
Myanmar	£3,995.52
Europe	£3,545.26

Total **£64,044.19**

**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
Total	£194.55	

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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Total	£150.00
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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
Total	£1,026.35	

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

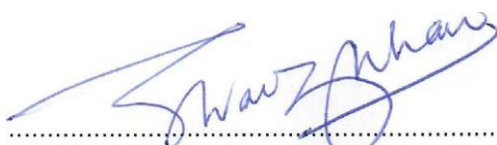
My examination was carried out in accordance with the general directions given by Charity Commissioners. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or 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