

**Charity registration number 1157009**

**THE ABASEEN FOUNDATION U.K.**  
**ANNUAL REPORT AND FINANCIAL STATEMENTS**  
**FOR THE YEAR ENDED 31 MARCH 2022**

# THE ABASEEN FOUNDATION U.K.

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# **THE ABASEEN FOUNDATION U.K.**

## **TRUSTEES' REPORT**

### **FOR THE YEAR ENDED 31 MARCH 2022**

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The trustees present their annual report and financial statements for the year ended 31 March 2022.

The trustees have adopted the provisions of the Statement of Recommended Practice (SORP) "Accounting and Reporting by Charities" (FRS 102) in preparing the annual report and financial statements of the charity.

The financial statements have been prepared in accordance with the accounting policies set out in the note to the financial statements and comply with the charity's governing document, the Charities Act 2011 and "Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard for Smaller Entities applicable in the UK and Republic of Ireland (FRS 102)" (effective October 2019).

#### **Objectives and activities**

The Foundation's objectives are for such exclusively charitable purposes for the benefits of the inhabitants of Pakistan (hereinafter called the "area of benefit") in particular but not exclusively by the provision of financial assistance, advice and goods and equipment to the Abaseen Foundation in Peshawar, Khyber Pakhtunkhwa, Pakistan.

The Board have had due regard to guidance published by the Charity Commission on Public benefit.

#### **Achievement and performance**

##### **Charitable activities**

The Foundation, in partnership with the Abaseen Foundation Pakistan, pursued its charitable objectives in 2021/22 by way of the following strands of activity:

##### **Health**

The Baghbanan Health Centre adjacent to the Foundation's Noor Model School, continues to offer services including providing health education to the pupils at Noor Model School and their families.

##### **Well-being of Women 'WoW'**

The aim of the project is to support the improvement of the physical, mental, educational and social health and wellbeing of women and girls in Peshawar. The project has two elements:

1. Menstrual Hygiene Management Project - Menstrual hygiene is a major issue for both women and adolescent girls in Pakistan. They have very little access to sanitary products, clean water and hygiene facilities which has a great impact on their female health status. On average girls miss 4-5 days of school a month when they are on their periods according to IRSP (2013). Great distress, shame and embarrassment is experienced by the girls when they are unable to obtain adequate sanitary products. The project will involve providing menstrual hygiene training, to both the teachers and girls in the Abaseen schools and then supply them with reusable sanitary towels. The second phase of the project will be to visit homes of local women and deliver individual training to both mothers and adolescent girls and then give them a sanitary hygiene pack.

2. Mother and Child Health Project - Expand the current medical health centre services specifically for mothers and children, this would include the following services:

- a) Recruit and maintain the presence of a female gynaecologist within the Abaseen Health Centre who would provide medical/surgical care to the local women;
- b) Employ Lady Health Visitors to support the delivery and promotion of women's health projects;
- c) Develop a maternity suite to support maternity care for women which will include pre and postnatal care, labour and childbirth for all women who attend the health centre.

Evaluation of the projects will be carried out in partnership with academic institutions in UK and Pakistan

# **THE ABASEEN FOUNDATION U.K.**

## **TRUSTEES' REPORT**

**FOR THE YEAR ENDED 31 MARCH 2022**

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### **Education**

The Noor Model School on the brick kilns in Peshawar continues to develop and has gone from strength to strength.

Further grant applications and fund-raising initiatives continue to expand the school buildings, provide funds to equip the school and pay for fees of children who cannot afford to attend due to extreme poverty.

The two funding initiatives commenced in autumn of 2015 have continued to grow and develop:

1. Feed a Child, finding sponsors to donate regularly through standing order to provide one meal a day for the school children who work on the brick kiln at Noor Model School;
2. Sponsor a Child, finding sponsors to donate regularly through standing order to provide education to children who are too poor to attend school.

Both of these initiatives have proved very successful and as a consequence the schools are thriving. A strategy has been developed for MGM and BGM schools, which will achieve self-sustainability for them both by 2027.

### **Vocational Training**

The vocational scheme has been developed, is progressing well and all the milestones of the trial period have been achieved. The computer centre, stitching and embroidery and apprenticeship scheme have proved very successful and the community interest is phenomenal. The main reasons for its success are; need in the area, its community location, local instructors and the incentive packages to the participants.

### **Low cost housing for the poor homeless**

The area where the Abaseen Foundation is operating is very backward and inhabited by the marginalised people who either work in low paid daily wages jobs or are unemployed. Most of the families have migrated into the area due to different calamities including wars, terrorism or economic reasons. There are a number of families who do not own any house or land and live as a tenant in the houses of people with means.

AF PK found a donor who has purchased a small piece of land and AF have raised the funds and constructed 9 houses. The first family have moved into the scheme.

### **Research**

The Foundation continues to work in partnership with the University of Central Lancashire.

The Abaseen Foundation is actively engaged in research with collaborators from Universities in Pakistan, UK and USA. The primary focus is on research relating to the United Nations Sustainable Development Goals, particularly in fields of nutrition, food security and health.

Our guiding principle is that all the research we undertake must be in response to the needs identified by the local communities, through the Jirga. We endeavour to engage with community members throughout the research process to provide valued input into the design, management and delivery of our projects.

Research is important as it provides:

- data to help us evaluate the impact of our activities;
- an opportunity for capacity building and providing training for our staff employed on the projects;
- an opportunity to disseminate through academic publications what we have learned through our projects that may benefit others working in similar environments;
- strengthened connections with local academic institutions and hospitals, such as Khyber Medical University and Rehman Medical Institute, Peshawar.

The results of this research have influenced how the lives of people in this area can be improved, with important implications for other areas of Pakistan and other developing countries.

# **THE ABASEEN FOUNDATION U.K.**

## **TRUSTEES' REPORT**

### **FOR THE YEAR ENDED 31 MARCH 2022**

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#### **Biofortified Wheat to Alleviate Zinc Deficiency (BIZIFED) Project**

The National Survey shows that 40% of the population in Pakistan are zinc deficient. This affects growth, immune function and cognitive development in children. One strategy to tackle zinc deficiency on a national scale is to grow staple crops that have a high zinc content. This can be achieved through traditional breeding techniques, coupled with addition of zinc fertilizer, known as "biofortification".

We have been working with academic partners to examine the effectiveness of consuming flour made with zinc-biofortified wheat on the zinc status of the consumers. The project named "BiZiFED" was funded by UK Government through the Global Challenges Research Fund.

The early findings from this study show that consumption of flour milled from zinc biofortified wheat can increase the dietary zinc intake by 21% compared with standard flour. In terms of the acceptability of the flour in the community, there were some initial concerns raised. These were discussed openly with the field team and the subsequent response to the flour was overwhelmingly positive. The findings from this research will help to inform the government scale-up of the biofortification strategy in Pakistan, but also relevant to other countries where zinc deficiency is a public health problem. We also had opportunity to discuss the project with the then Prime Minister, Imran Khan, during a visit in March 2020.

#### **COVID-19 Research project**

The COVID-19 pandemic significantly impacted all our education and health support activities. We are pleased to be awarded a grant from UK Government through the Global Challenges Research Fund, specifically for research addressing the impact of COVID-19 low resource communities. As part of this project, we have been working with community members to produce a toolkit that will help to support communities, community engagement and risk minimisation in similar hard-to-reach communities for future health crises. We are in regular communication with UNICEF and the department of health in Khyber Pakhtunkhwa to share our findings.

#### **Benefits of school lunch on cognitive function**

When the Abaseen Foundation introduced its school lunch programme at the Noor Model School and Mian Gul School, we had an opportunity to monitor the impact of providing a school lunch on the cognitive performance of the children attending the school. Using a simple paper-based test, we monitored the children over a 12-month period. A local government school where no meals were provided served as the control. Our study showed that providing one meal a day to malnourished primary school age children does improve cognitive function in the lowest quartile of performance.

#### **Humanitarian relief**

We do shy away from this activity unless there is a major disaster but we do mobilise resources when required with funds that become available.

#### **Regular giving**

Standing orders have increased, we continue to raise funds, encouraging as many people as possible to shop using 'Easy Fundraising' and fundraising through collection boxes. Pennies from Heaven continues to grow at UCLAN - staff giving pennies from salaries and payroll giving through Give as you Earn continues to grow in various other organisations.

#### **Fundraising activities**

Due to COVID-19 the fundraising activities have been redesigned to be COVID-19 safe and funds have not reduced.

A Ramadan campaign was very successful in raising funds from the South Asian community members.

#### **Annual Fundraising Treks**

Due to COVID-19 it was not possible to arrange a trek this year.

# THE ABASEEN FOUNDATION U.K.

## TRUSTEES' REPORT

FOR THE YEAR ENDED 31 MARCH 2022

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### Financial review

#### Reserves policy

It is the policy of the charity that unrestricted funds which have not been designated for a specific use should be maintained at a level equivalent to between one and two month's expenditure. The Trustees consider that reserves at this level will ensure that, in the event of a significant drop in funding, they will be able to continue the charity's current activities while consideration is given to ways in which additional funds may be raised. This level of reserves has been maintained throughout the year. The available unrestricted reserves at 31 March 2022 were £19,080 (2021 - £45,903). The trustees take some comfort from this in light of the impact of the COVID-19 pandemic following the year end. The trustees will continue to monitor free reserves carefully and will avail themselves of the support that Government has pledged, when and if required, to operate with available cash reserves and bank facilities through this period of uncertainty. The estimated closing costs of the Foundation is £4,000.

#### Plans for future periods

A 3-year Strategic Development Plan has been developed jointly by AF UK and AFPK and will be implemented in accordance with COVID-19 restrictions. The plan is available on request.

### Structure, governance and management

The trustees who served during the year and up to the date of signature of the financial statements were:

D Le Mare  
I Munshi  
M Ferguson  
M J McKeown  
R Afzal  
M I Sharif  
A Hussain  
H Suleman  
E Waddington  
P Ansell  
N M Lowe  
K Owen  
S Hanif  
H Bingley

Trustees are recruited by the Board in accordance with the skills requisite of the role. General, financial and planning decisions are made by consensus of Trustees mainly or a majority if a vote is necessary at regular meetings.

The Abaseen Foundation UK was registered as a Charitable Incorporated Organisation (CIO) on 12 May 2014 and on the 1 April 2016 all activities, assets and liabilities were transferred from the charity to the CIO and the old charity has closed. This has been done primarily for two reasons; to relieve the Trustees of personal liability for the charity as it grows and becomes more complex and donors increasingly require CIO status.


# THE ABASEEN FOUNDATION U.K.

## TRUSTEES' REPORT

FOR THE YEAR ENDED 31 MARCH 2022

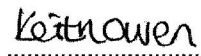
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The trustees' report was approved by the Board of Trustees.

  
Helen Bingley (sig.30/08/2022 11:56 GMT+1)

H Bingley  
Trustee

Date: 30/08/2022



K Owen  
Trustee

# THE ABASEEN FOUNDATION U.K.

## INDEPENDENT EXAMINER'S REPORT

### TO THE TRUSTEES OF THE ABASEEN FOUNDATION U.K.

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I report on the accounts for the year ended 31 March 2022, which are set out on pages 7 - 14.

#### **Responsibilities and basis of report**

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

I have examined your charity's accounts as required under section 145 of the Charities Act 2011 ('the Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act.

My role is to state whether any material matters have come to my attention giving me cause to believe:

1. that accounting records were not kept as required by section 130 of the Act; or
2. that the accounts do not accord with those records; or
3. that the accounts do not comply with the accounting requirements of the Act; or
4. that there is further information needed for a proper understanding of the accounts.

#### **Independent examiner's statement**

I have completed my examination and have no concerns in respect of the matters (1) to (4) listed above and, in connection with following the Directions of the Charity Commission I have found no matters that require drawing to your attention.



Paul Spencer FCCA  
ACCA  
PM+M Solutions for Business LLP  
Greenbank Technology Park  
Challenge Way  
Blackburn  
BB1 5QB

Date 6 September 2022



# THE ABASEEN FOUNDATION U.K.

## STATEMENT OF FINANCIAL ACTIVITIES INCLUDING INCOME AND EXPENDITURE ACCOUNT FOR THE YEAR ENDED 31 MARCH 2022

	Notes	Unrestricted funds 2022 £	Restricted funds 2022 £	Total 2022 £	Unrestricted funds 2021 £	Restricted funds 2021 £	Total 2021 £
<b><u>Income from:</u></b>							
Donations and grants	2	70,463	149,714	220,177	37,104	649,987	687,091
Investments	3	877	-	877	850	-	850
<b>Total income</b>		<b>71,340</b>	<b>149,714</b>	<b>221,054</b>	<b>37,954</b>	<b>649,987</b>	<b>687,941</b>
<b><u>Expenditure on:</u></b>							
Charitable activities	4	98,545	125,174	223,719	50,748	547,313	598,061
Net gains/(losses) on investments		382	-	382	2,416	-	2,416
<b>Net (expenditure)/income for the year/ Net movement in funds</b>		<b>(26,823)</b>	<b>24,540</b>	<b>(2,283)</b>	<b>(10,378)</b>	<b>102,674</b>	<b>92,296</b>
Fund balances at 1 April 2021		45,903	131,561	177,464	56,281	28,887	85,168
<b>Fund balances at 31 March 2022</b>		<b>19,080</b>	<b>156,101</b>	<b>175,181</b>	<b>45,903</b>	<b>131,561</b>	<b>177,464</b>

# THE ABASEEN FOUNDATION U.K.

## BALANCE SHEET

AS AT 31 MARCH 2022

	Notes	2022 £	£	2021 £	£
<b>Current assets</b>					
Debtors	10	11		4,450	
Investments	11	25,212		24,830	
Cash at bank and in hand		167,443		165,669	
		192,666		194,949	
<b>Creditors: amounts falling due within one year</b>	12	(17,485)		(17,485)	
Net current assets			175,181		177,464
<b>Income funds</b>					
Restricted funds			156,101		131,561
Unrestricted funds			19,080		45,903
			175,181		177,464

The financial statements were approved by the Trustees on 30/08/2022

.....  
H Bingley  
Trustee

.....  
K Owen  
Trustee

Registration number 1157009

# THE ABASEEN FOUNDATION U.K.

## STATEMENT OF CASH FLOWS

FOR THE YEAR ENDED 31 MARCH 2022

	Notes	2022 £	£	2021 £	£
<b>Cash flows from operating activities</b>					
Cash generated from operations	14		897		124,131
<b>Investing activities</b>					
Investment income received		877		850	
<b>Net cash generated from investing activities</b>			877		850
<b>Net cash used in financing activities</b>			-		-
<b>Net increase in cash and cash equivalents</b>			1,774		124,981
Cash and cash equivalents at beginning of year			165,669		40,688
<b>Cash and cash equivalents at end of year</b>			167,443		165,669

# THE ABASEEN FOUNDATION U.K.

## NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2022

### 1 Accounting policies

#### 1.1 Accounting convention

The financial statements have been prepared under the historical cost convention, the Charities Act 2011 and the requirements of the Statement of Recommended Practice, Accounting and Reporting by Charities.

#### 1.2 Charitable funds

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

#### 1.3 Income

All incoming resources are included on the Statement of Financial Activities when the charity is legally entitled to the income and the amount can be quantified with reasonable accuracy.

#### 1.4 Expenditure

Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

Grants offered subject to conditions which have not been met at the year end date are noted as a commitment but not accrued as expenditure.

#### 1.5 Taxation

The charity is exempt from tax on its charitable activities.

### 2 Donations and grants

	Unrestricted funds	Restricted funds	Total	Unrestricted funds	Restricted funds	Total
	2022	2022	2022	2021	2021	2021
	£	£	£	£	£	£
Donations and gifts	70,463	44,270	114,733	37,104	55,315	92,419
Grants	-	105,444	105,444	-	594,672	594,672
	<u>70,463</u>	<u>149,714</u>	<u>220,177</u>	<u>37,104</u>	<u>649,987</u>	<u>687,091</u>
<b>Grants receivable for core activities</b>						
Bizifed Grant	-	15,511	15,511	-	530,732	530,732
COVID-19 GCRF Grant	-	89,933	89,933	-	63,940	63,940
	<u>-</u>	<u>105,444</u>	<u>105,444</u>	<u>-</u>	<u>594,672</u>	<u>594,672</u>

# THE ABASEEN FOUNDATION U.K.

## NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2022

### 3 Investments

	Unrestricted funds	Unrestricted funds
	2022 £	2021 £
Income from unlisted investments	877	850

### 4 Charitable activities

	Charitable activities 2022 £	Support costs 2022 £	Total 2022 £	Charitable activities 2021 £	Support costs 2021 £	Total 2021 £
Grants to institutions	209,568	-	209,568	572,864	-	572,864
Fundraising / event costs	-	650	650	-	-	-
Assistant chief executive	-	10,695	10,695	-	17,912	17,912
Travel costs	-	10	10	-	568	568
Trek costs	-	-	-	-	2,702	2,702
Accounting and legal fees	-	1,589	1,589	-	1,554	1,554
Sundries	-	853	853	-	2,097	2,097
Bank charges	-	354	354	-	364	364
	209,568	14,151	223,719	572,864	25,197	598,061
	209,568	14,151	223,719	572,864	25,197	598,061
<b>Analysis by fund</b>						
Unrestricted funds	84,394	14,151	98,545	25,551	25,197	50,748
Restricted funds	125,174	-	125,174	547,313	-	547,313
	209,568	14,151	223,719	572,864	25,197	598,061

# THE ABASEEN FOUNDATION U.K.

## NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2022

### 5 Grants payable

	2022	2021
	£	£
Grants to institutions:		
Bizified grant	18,011	455,713
Sponsor a child - restricted	25,756	31,846
Feed a child	9,788	16,610
Small hypothecated projects	59,550	25,550
Vocational training college	3,000	-
UCLan COVID-19 grant	68,619	43,145
Health centre	2,844	-
House build	22,000	-
	<u>209,568</u>	<u>572,864</u>
Grants to individuals		

### 6 Support costs

	Finance £	Other £	Total 2022 £	Finance £	Other £	Total 2021 £
Other resources expended	354	13,797	14,151	364	24,833	25,197
	<u>354</u>	<u>13,797</u>	<u>14,151</u>	<u>364</u>	<u>24,833</u>	<u>25,197</u>

Other costs include payments to the independent examiners of £1,500 (2021 - £1,500).

# THE ABASEEN FOUNDATION U.K.

## NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2022

7	Net movement in funds	Balance b/fwd £	Incoming resources £	Resources expended £	Balance c/fwd £
	Net movement in funds is stated after charging/(crediting)				
	<b>Restricted funds</b>				
	Bizified Grant	94,593	15,511	(18,011)	92,093
	Sponsor a Child	2,983	30,254	(25,756)	7,481
	Feed a child	3,546	13,194	(9,788)	6,952
	Well-being of Women	5,994	822		6,816
	Shamshatoo Health Centre	650			650
	Vocational Training College	3,000		(3,000)	-
	COVID	20,795	89,933	(68,619)	42,109
		<b>131,561</b>	<b>149,714</b>	<b>(125,174)</b>	<b>156,101</b>
	<b>Unrestricted funds</b>				
	Donations	21,073	71,340	(98,545)	(6,132)
	W & H Bingley memorial fund	24,830	382	-	25,212
		<b>45,903</b>	<b>71,722</b>	<b>(98,545)</b>	<b>19,080</b>
		<b>177,464</b>	<b>221,436</b>	<b>(223,719)</b>	<b>175,181</b>
8	<b>Trustees</b>				
	None of the trustees (or any persons connected with them) received any remuneration or benefits from the charity during the year.				
9	<b>Financial instruments</b>			<b>2022</b>	<b>2021</b>
				£	£
	<b>Carrying amount of financial assets</b>				
	Instruments measured at fair value through profit or loss			<b>25,212</b>	24,830
10	<b>Debtors</b>			<b>2022</b>	<b>2021</b>
				£	£
	<b>Amounts falling due within one year:</b>				
	Trade debtors			<b>11</b>	4,450

# THE ABASEEN FOUNDATION U.K.

## NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2022

### 11 Current asset investments

	2022 £	2021 £
Unlisted investments	25,212	24,830

### 12 Creditors: amounts falling due within one year

	2022 £	2021 £
Other creditors	13,000	13,000
Accruals and deferred income	4,485	4,485
	17,485	17,485

### 13 Analysis of net assets between funds

	Unrestricted funds 2022 £	Restricted funds 2022 £	Total 2022 £	Unrestricted funds 2021 £	Restricted funds 2021 £	Total 2021 £
Fund balances at 31 March 2022 are represented by:						
Current assets/(liabilities)	19,080	156,101	175,181	45,904	131,560	177,464
	19,080	156,101	175,181	45,904	131,560	177,464

### 14 Cash generated from operations

	2022 £	2021 £
(Deficit)/surplus for the year	(2,283)	92,296
Adjustments for:		
Investment income recognised in statement of financial activities	(877)	(850)
Gain on disposal of investments	(382)	(2,416)
Movements in working capital:		
Decrease in debtors	4,439	18,624
(Decrease)/increase in creditors	-	16,477
<b>Cash generated from operations</b>	<b>897</b>	<b>124,131</b>