



CHARITY COMMISSION
FOR ENGLAND AND WALES

Trustees' Annual Report for the period

From 01/01/2021 Period start date To 31/12/2021 Period end date

Charity name: Jaya Mental Health

Charity registration number: 1159008

Objectives and Activities

	SORP reference	
Summary of the purposes of the charity as set out in its governing document	Para 1.17	<p>The objects of the charity is the relief of sickness and the preservation of health among people living in Nepal, Sri Lanka and other South Asian countries by:</p> <p>(1) creating and supporting a platform for UK and other trained nurses and allied health professionals to share skills and professional expertise with colleagues in such countries and contributing to the development of informed health work forces in such countries.</p> <p>(2) advancing the education of nurses and allied health professionals in Nepal, Sri Lanka and other Asian countries and fostering sustainable and long-lasting educational programmes which ensure continuous professional development and expertise.</p> <p>(3) promoting the participation of nurses and allied health professionals in the management and delivery of community health care services through the provision of financial assistance, support, education and practical advice.</p> <p>(4) promoting the empowerment of nurses and allied health professionals and supporting their role in developing health care practice and encourage their participation in the shaping of current and future health care policy.</p>
Summary of the main activities in relation to those purposes for the public benefit, in particular, the activities, projects or services identified in the accounts.	Para 1.17 and 1.19	<p>Mental health and emotional well-being are at the centre of all of the organisation's programmes. 2021 was, as the previous year, defined by the global COVID-19 pandemic. Despite advances in the vaccination programme in the UK and other</p>

		<p>Western nations, a significant proportion of the population living and working in low and middle income countries did not get immunised. This is due, among many other factors, to profound health and social inequalities that continue to define our world and against which Jaya Mental Health fights.</p> <p>Like in 2020, this year our team's main concern was once again to ensure that people affected by mental illness continued receiving specialist mental health care, and that nurses and other frontline workers were supported during these challenging months.</p> <p>Jaya Mental Health's programmes and projects targeted three main beneficiary groups:</p> <p>(1) Nurses, health care workers, social and community workers, psychologists, and other allied health professionals working in both inpatient and community mental health outreach programmes in low income countries.</p> <p>(2) West-based trained health care staff wishing to exchange skills and resources with their counterparts living and working in countries where Jaya Mental Health develops its activities.</p> <p>(3) People affected by mental illness, and in particular older adults, women and children – some of the most vulnerable social groups in South Asia.</p> <p>In accordance with Jaya Mental Health's approach to achieving effective change and sustainable results and in view of the impact of the COVID-19 pandemic, this past year's projects focused primarily on:</p> <p>a) Ensuring that specialist mental health care continued uninterrupted and remote communities in rural South Asia could access professional mental health support;</p> <p>b) Ensuring that nurses and other health and community workers accessed psychological and emotional support systems led by experienced professionals.</p> <p>c) Building working partnerships with other national and international organisations dedicated to strengthening</p>
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		<p>the quality of mental health care throughout and beyond the pandemic.</p> <p>By working collectively as a board, Jaya Mental Health's trustees will continue to ensure that the charity carries out its purpose for the benefit of all groups listed above and works towards a society better equipped to support those affected by ill mental health.</p>
Statement confirming whether the trustees have had regard to the guidance issued by the Charity Commission on public benefit	Para 1.18	In fulfilling their duties and making decisions about the charity's activities, the trustees have ensured that these activities benefit the public and have paid due regard to the Charity Commission's guidance in this matter.

Additional information (optional)

You may choose to include further statements where relevant about:

	SORP reference	
Policy on grant making	Para 1.38	Our Grant-Making Policy sets out the principles, criteria and processes that govern how Jaya Mental Health makes grants; it is supported by three additional documents, including a Grant Application Form, Grant Approval Letter, and Grant Monitoring Form
Policy on social investment including program related investment	Para 1.38	N/A
Contribution made by volunteers	Para 1.38	The trustees would like to acknowledge the invaluable contribution of its volunteers, notably Marjorie Gardner, Angelo Leo, Vera Capoulas, Anne Leclercq, Haroon Ali and Tereza Nogueira without whose efforts Jaya Mental Health would not exist.
Other		N/A

Achievements and Performance

	SORP reference	

<p>Summary of the main achievements of the charity, identifying the difference the charity's work has made to the circumstances of its beneficiaries and any wider benefits to society as a whole.</p>	<p>Para 1.20</p>	<p>As in 2020 and as COVID-19 continued spreading across the world, in 2021 keeping those we work with safe, informed and within reach of mental health care support was our top priority.</p> <p>Despite the challenges imposed by the ongoing pandemic, we were able to resume our clinical services and ensure people living in remote corners of South Asia continued receiving specialist mental health care, treatment and support.</p> <p>The following is an outline of some of Jaya Mental Health's main activities throughout the year:</p> <p>1. Free Walk-in Mental Health Clinics in Rural Nepal</p> <p>Throughout 2021 we continued running a specialist walk-in clinic for people with mental health problems – mostly farmers, their wives and children – in Ilam, eastern Nepal. We also visited people most at risk in their own homes, ensuring everyone received the treatment and support they deserved.</p> <p>Parallel to this, we also trained an increasing number of local health and community workers in basic mental health care skills, ensuring the long-term sustainability of rural-based mental health care interventions.</p> <p>Our community-based efforts were recognised by both national and local governments. As a result, in 2021 we were invited to initiate a needs-based assessment in a new region of the Himalayas (Upper Mustang) with a view of expanding our outreach mental health care services to other regions of Nepal.</p> <p>2. Covid-19 response programme</p> <p>Throughout 2021, vaccination levels across South Asia remained extremely low when compared to Western countries.</p> <p>As the pandemic progressed in countries where Jaya Mental Health works and as an extension of the COVID-19 activities launched in 2020, our team continued:</p> <p>2.1 Facilitating stress management and psychotherapeutic workshops to hundreds of registered nurses, nursing students and health assistants working with Covid-19 patients.</p>
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		<p>2.2 Managing a free phone helpline for healthcare staff wishing to share their stories and concerns on the pandemic and the impact this has had on them, their work and their day-to-day lives.</p> <p>2.3 In addition to the above, our Nepal-based team opened a small, new information resource centre for nurses practising in Kathmandu named “Aafnai Thau – My Safe Space”; a space (located in Jaya’s office in Nepal) where undergraduate and registered nurses can access information related to nursing practice, attend workshops and seminars, study and find counselling and emotional support free of charge.</p> <p>3. Art Therapy:</p> <p>Re-initiated art therapy support and workshops at an inpatient care unit for both patients and nursing staff (Nepal Medical College, Valley of Kathmandu)</p> <p>4. Online classes and workshops</p> <p>UK-based staff facilitated online workshops for undergraduate psychology students from Haripur University, Pakistan, on Community Mental Health Care.</p> <p>5. School Health Nursing Programme</p> <p>At the request of the Nursing and Social Security Division of Nepal, Jaya Mental Health was invited to launch a mental health training programme for school nurses in Surkeht, Karnali Province, Nepal. The programme consists on building the confidence of newly-allocated school nurses, improve their mental health care skills, and develop a high quality emotional support system for school aged children in the region.</p> <p>6. Nursing Now Challenge, Coventry University</p> <p>At the request of the Nursing Now Challenge Platform, Coventry University, UK, Jaya Mental Health was invited to organise and take part in a series of webinars under the theme “raising the profile of nurses and midwives across the world”. As a result, throughout 2021 Jaya Mental Health’s team took part in the planning and delivery of 7 webinars, including:</p> <p>6.1 “Practising self-compassion & protecting your mental health during the COVID-19 pandemic”</p>
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		6.2 “Supporting early-career nurses and midwives on the transition from students to registered practitioners to leaders” 6.3 “Nursing and Midwifery in Crisis: 6.3.1 Launch 6.3.2 War and Conflict 6.3.3 Natural Disasters 6.3.4 Health Crisis
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Additional information (optional)

You may choose to include further statements where relevant about:

Achievements against objectives set	Para 1.41	<p>Contrary to 2020 and in line with the slow improvement of the global pandemic, Jaya Mental Health was better prepared to respond to another year of international travel restrictions, lockdowns and confinements. All objectives set were achieved – maintaining our clinical services open, remaining in contact with health professionals via online platforms; ensuring nurses and community workers had access to evidence-based emotional support networks; and building new partnerships with relevant organisations including governmental bodies and other national and international NGOs.</p>
Performance of fundraising activities against objectives set	Para 1.41	<p>As above: overall Jaya Mental Health and the international NGOs sector saw little improvements in the availability of significant fundraising opportunities.</p> <p>Despite being successful with one particular grant application (Health Partnerships Programme, by the Tropical Health Education Trust – THET, £213,000), the closure of the above programme by the UK government (followed by significant cuts in UK foreign Aid) meant that the awarded funds were not given to Jaya Mental Health nor any other THET approved NGO.</p> <p>Our Fundraising Partnerships Manager was also on maternity leave for most of the year; Nevertheless, Jaya Mental Health was able to secure funds from at least one of its main donors (for another 3 years), this being of significance to the long-term financial sustainability of the organisation.</p>
Investment performance against objectives	Para 1.41	N/A
Other		N/A

Financial Review

Review of the charity's financial position at the end of the period	Para 1.21	<p>In 2021, Jaya Mental Health received the 3rd of 3 annual grants from Euromonitor for funding salaries for its Managing Director and for a part-time fundraiser. Euromonitor has agreed to extend its grants for a further three years.</p> <p>At December 31, 2021, the organisation was well funded and had good visibility for the following year. The COVID-19 pandemic however has had a significant impact on the organisation's activities and fundraising in particular, creating important challenges.</p>
Statement explaining the policy for holding reserves stating why they are held	Para 1.22	<p>Jaya Mental Health's policy regarding reserves is that they should be kept to a minimum such that donations received benefit the charity's beneficiaries as soon as possible, subject to the following constraints:</p> <ul style="list-style-type: none"> • The charity's resources should be expended in an orderly and planned fashion in order to avoid waste and maximize their impact. • The charity's financial stability is maintained such that it can meet its current and future liabilities and commitments <p>In light of these considerations, Jaya Mental Health's reserves policy is that the minimum level of reserves should be equivalent to six months' operating costs and the maximum level should cover twelve to twenty four month's running costs.</p>
Amount of reserves held	Para 1.22	£53,397
Reasons for holding zero reserves	Para 1.22	N/A
Details of fund materially in deficit	Para 1.24	N/A
Explanation of any uncertainties about the charity continuing as a going concern	Para 1.23	N/A

Additional information (optional)

You may choose to include further statements where relevant about:

The charity's principal sources of funds (including any fundraising)	Para 1.47	<p>In addition to the Euromonitor grant referred to above, JMH continues to raise money from public donations through its website, as well as through formal grant applications (Foundation Trusts, DFID, etc).</p>
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		The appointment in 2019 of a part-time fundraiser allowed for a renewed drive for increasing donations and focussing on grant applications, but the effort has been greatly hindered by the pandemic.
Investment policy and objectives including any social investment policy adopted	Para 1.46	N/A
A description of the principal risks facing the charity	Para 1.46	<p>Despite the recent lifting of COVID-19 restrictions and improvements in immunisation rates in the UK and the West, the pandemic is far from over in other parts of the world, including South Asia.</p> <p>The charitable sector remains at risk of continuing to lose significant funding due to the unresolved global health crisis. At the time of writing, the conflict in Eastern Europe remained unpredictable and of grave concern to the humanitarian, social and financial stability of Europe, the UK and the world in general. At present it is difficult to determine the impact that the above war might have on the international development agenda.</p> <p>Small sized CIOs such as Jaya Mental Health remain significantly exposed to the drastic deterioration of the world's social and economic environment.</p> <p>Jaya Mental Health is a member of the National Council for Voluntary Organisations (NCVO) and is constantly seeking advice and support from this and other bodies as the current crisis progresses.</p>
Other		N/A

Structure, Governance and Management

Description of charity's trusts:		
Type of governing document (trust deed, royal charter)	Para 1.25	Constitution
How is the charity constituted? (e.g unincorporated association, CIO)	Para 1.25	Charitable Incorporated Organisation
Trustee selection methods including details of any constitutional provisions e.g. election to post or name of any person or body entitled to appoint one or more trustees	Para 1.25	Trustees are selected based on their skills, knowledge and experience in relation to their role within the organisation. Trustees are appointed by a resolution of the board of trustees.

Additional information (optional)

You may choose to include further statements where relevant about:

Policies and procedures adopted for the induction and training of trustees	Para 1.51	<p>Every new trustee receives an induction pack comprised of:</p> <ul style="list-style-type: none"> •The current version of the charity's constitution •The charity's latest Trustees' Annual Report and Accounts •Jaya Mental Health's Welcome Pack
The charity's organisational structure and any wider network with which the charity works	Para 1.51	<p>Jaya Mental Health is a member of the National Council of Voluntary Organisations (NCVO) and an active partner of the Nursing Now Challenge platform (Coventry University). In Nepal Jaya Mental Health works closely with the World Health Organisation (WHO – mental health care division) and the Nursing Division of the Nepalese Ministry of Health</p>
Relationship with any related parties	Para 1.51	<p>In 2019, Jaya Mental Health helped establish Unity in Health Nepal (UiHN), a charity registered in Nepal. UiHN was established with the help of Nepalese individuals involved with Jaya Mental Health for the purpose of enabling us to carry out our activities in the country. UiHN is independent but currently relies entirely on grants from Jaya Mental Health so their activities are closely aligned and coordinated with our own.</p> <p>A Memorandum of Understanding is in place between Jaya Mental Health and UiHN.</p>
Other		N/A

Reference and Administrative details

Charity name	Jaya Mental Health
Other name the charity uses	N/A
Registered charity number	1159008
Charity's principal address	124 Longberrys Cricklewood Lane London NW2 2TQ United Kingdom

Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	Lekamge Neville de Silva			Board of Trustees
2	Gayathri Santhi-McBain			Board of Trustees
3	Jo James			Board of Trustees
4	Bruno Lafleur			Board of Trustees
5	Brian Martin			Board of Trustees
6				
7				
8				
9				
10				
11				
12				
13				
14				
15				
16				
17				
18				
19				
20				

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

[illegible]

Name of trustees holding title to property belonging to the charity

[illegible]

Funds held as custodian trustees on behalf of others

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

Additional information (optional)

Names and addresses of advisers (Optional information)

Type of adviser	Name	Address

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

Joao Marcal-Grilo

Exemptions from disclosure

Reason for non-disclosure of key personnel details

N/A

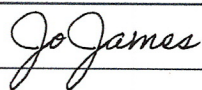
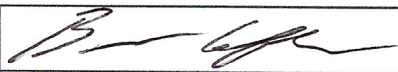
Other optional information

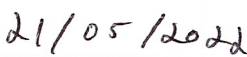
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Declarations

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

Signed on behalf of the charity's trustees

Signature(s)		
Full name(s)	Joanna James	Bruno Lafleur
Position (eg Secretary, Chair, etc)	Trustee	Trustee

Date 



Section A

Independent Examiner's Report

**Report to the trustees/
members of**

Charity Name
Jaya Mental Health

**On accounts for the year
ended**

31 December 2021

**Charity no
(if any)**

1159008

Set out on pages

All to follow

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended 31/12/2021.

**Responsibilities and
basis of report**

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

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

**Independent
examiner's statement**

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination which gives me cause to believe that in, any material respect:

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

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

Signed:

Date:

21/05/2022

Name:

Amanda Hall

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

Address:

Counterculture Partnership LLP

Unit 115 Ducie House, Ducie Street

Manchester, M1 2JW



JAYA Mental Health			Charity No (if any)	1159008	
Annual accounts for the period					
Period start date	01/01/2021	To	Period end date	31/12/2021	

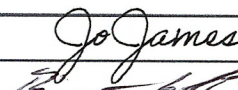

Section A Statement of financial activities

Recommended categories by activity	Guidance Notes	Restricted income funds					Endowment funds		Total funds		Prior year funds		
		Unrestricted funds	£	F01	Restricted income funds	£	F02	£	F03	£	F04	£	F05
Incoming resources (Note 3)													
Income and endowments from:													
Donations and legacies	S01	4,479	76,343	-	80,822	65,631							
Charitable activities	S02	-	-	-	-	-							
Other trading activities	S03	-	-	-	-	-							
Investments	S04	-	-		-	-							
Separate material item of income	S05	-	-	-	-	-							
Other	S06	-	-	-	-	-							
Total	S07	4,479	76,343	-	80,822	65,631							
Resources expended (Note 6)													
Expenditure on:													
Raising funds	S08	276	8,072	-	8,348	12,951							
Charitable activities	S09	8,178	67,239	-	75,416	73,697							
Separate material item of expense	S10	-	-	-	-	-							
Other	S11	-	-	-	-	-							
Total	S12	8,454	75,311	-	83,765	86,648							
Net income/(expenditure) before investment gains/(losses)													
Net gains/(losses) on investments	S13	-	3,975	1,032	-	-	2,943	-	21,017				
	S14	-	-	-	-	-							
Net income/(expenditure)	S15	-	3,975	1,032	-	-	2,943	-	21,017				
Extraordinary items													
	S16	-	-	-	-	-							
Transfers between funds													
	S17	-	-	-	-	-							
Other recognised gains/(losses):													
Gains and losses on revaluation of fixed assets for the charity's own use	S18	-	-	-	-	-							
Other gains/(losses)	S19	-	-	-	-	-							
Net movement in funds	S20	-	3,975	1,032	-	-	2,943	-	21,017				
Reconciliation of funds:													
Total funds brought forward	S21	14,166	42,174	-	56,340	77,357							
Total funds carried forward	S22	10,191	43,206	-	53,397	56,340							

Section B Balance sheet

		Guidance Notes	Unrestricted funds	Restricted income funds	Endowment funds	Total this year	Total last year
			£	£	£	£	£
			F01	F02	F03	F04	F05
Fixed assets							
Intangible assets (Note 15)	B01		-	-	-	-	-
Tangible assets (Note 14)	B02		-	-	-	-	-
Heritage assets (Note 16)	B03		-	-	-	-	-
Investments (Note 17)	B04		-	-	-	-	-
Total fixed assets	B05		-	-	-	-	-
Current assets							
Stocks (Note 18)	B06		1,897	-	-	1,897	1,897
Debtors (Note 19)	B07		-	646	-	646	666
Investments (Note 17.4)	B08		-	-	-	-	-
Cash at bank and in hand (Note 24)	B09		8,684	42,560	-	51,245	54,220
Total current assets	B10		10,581	43,206	-	53,787	56,783
Creditors: amounts falling due within one year (Note 20)	B11		390	-	-	390	443
Net current assets/(liabilities)	B12		10,191	43,206	-	53,397	56,340
Total assets less current liabilities	B13		10,191	43,206	-	53,397	56,340
Creditors: amounts falling due after one year (Note 20)	B14		-	-	-	-	-
Provisions for liabilities	B15		-	-	-	-	-
Total net assets or liabilities	B16		10,191	43,206	-	53,397	56,340
Funds of the Charity							
Endowment funds (Note 27)	B17		-	-	-	-	-
Restricted income funds (Note 27)	B18		-	43,206	-	43,206	42,174
Unrestricted funds	B19		10,191	-	-	10,191	14,166
Revaluation reserve	B20		-	-	-	-	-
Total funds	B21		10,191	43,206	-	53,397	56,340

Signed by one or two trustees on behalf of all the trustees

Signature	Print Name	Date of approval dd/mm/yyyy
	Joanna James	21/5/22
	Bruno Lafleur	21/05/2022

Section C**Notes to the accounts****Note 1 Basis of preparation**

This section should be completed by all charities .

1.1 Basis of accounting

These accounts have been prepared under the historical cost convention with items recognised at cost or transaction value unless otherwise stated in the relevant note(s) to these accounts.

The accounts have been prepared in accordance with:

- and with*

✓

 the Statement of Recommended Practice: Accounting and Reporting by Charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) issued on 16 July 2014
- and with*

✓

 the Financial Reporting Standard applicable in the United Kingdom and Republic of Ireland (FRS 102)
- and with the Charities Act 2011.

The charity constitutes a public benefit entity as defined by FRS 102.*

✓

* -Tick as appropriate

1.3 Change of accounting policy

The accounts present a true and fair view and the accounting policies adopted are those outlined in note 2.

Yes*	✓	* -Tick as appropriate
No*	✓	

1.4 Changes to accounting estimates

No changes to accounting estimates have occurred in the reporting period (3.46 FRS 102 SORP).

Yes*	✓	* -Tick as appropriate
No*	✓	

Note 2

Accounting policies

2.2 INCOME

This standard list of accounting policies has been applied by the charity except for those ticked "No" or "N/a". Where a different or additional policy has been adopted then this is detailed in the box below.

Recognition of income	These are included in the Statement of Financial Activities (SoFA) when: <ul style="list-style-type: none"> the charity becomes entitled to the resources; it is more likely than not that the trustees will receive the resources; and the monetary value can be measured with sufficient reliability. 	Yes	No	N/a
		<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Offsetting	There has been no offsetting of assets and liabilities, or income and expenses, unless required or permitted by the FRS 102 SORP or FRS 102.	Yes	No	N/a
		<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Grants and donations	Grants and donations are only included in the SoFA when the general income recognition criteria are met (5.10 to 5.12 FRS102 SORP).	Yes	No	N/a
		<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Government grants	The charity has received government grants in the reporting period	Yes	No	N/a
		<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Donated goods	Donated goods are measured at fair value (the amount for which the asset could be exchanged) unless impractical to do so.	Yes	No	N/a
		<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	The cost of any stock of goods donated for distribution to beneficiaries is deemed to be the fair value of those gifts at the time of their receipt and they are recognised on receipt. In the reporting period in which the stocks are distributed, they are recognised as an expense at the carrying amount of the stocks at distribution.	Yes	No	N/a
		<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Gifts in kind for use by the charity are included in the SoFA as income from donations when receivable.	Yes	No	N/a
		<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Volunteer help	The value of any voluntary help received is not included in the accounts but is described in the trustees' annual report.	Yes	No	N/a
		<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

2.3 EXPENDITURE AND LIABILITIES

Liability recognition	Liabilities are recognised where it is more likely than not that there is a legal or constructive obligation committing the charity to pay out resources and the amount of the obligation can be measured with reasonable certainty.	Yes	No	N/a
		<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Governance and support costs	Support costs have been allocated between governance costs and other support. Governance costs comprise all costs involving public accountability of the charity and its compliance with regulation and good practice.	Yes	No	N/a
		<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Support costs include central functions and have been allocated to activity cost categories on a basis consistent with the use of resources, eg allocating property costs by floor areas, or per capita, staff costs by the time spent and other costs by their usage.	Yes	No	N/a
		<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Grants payable without performance conditions	Where there are no conditions attaching to the grant that enables the donor charity to realistically avoid the commitment, a liability for the full funding obligation must be recognised.	Yes	No	N/a
		<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Redundancy cost	The charity made no redundancy payments during the reporting period.	Yes	No	N/a
		<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Deferred income	No material item of deferred income has been included in the accounts.	Yes	No	N/a
		<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Creditors	The charity has creditors which are measured at settlement amounts less any trade discounts	Yes	No	N/a
		<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

2.4 ASSETS

Tangible fixed assets for use by charity	These are capitalised if they can be used for more than one year, and cost at least <input type="text"/>	Yes	No	N/a
	They are valued at cost.	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	The depreciation rates and methods used are disclosed in note 9.2.	Yes	No	N/a
Stocks and work in progress	Stocks held for sale as part of non-charitable trade are measured at the lower or cost or net realisable value.	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
	Goods or services provided as part of a charitable activity are measured at net realisable value based on the service potential provided by items of stock.	Yes	No	N/a
		<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Debtors	Debtors (including trade debtors and loans receivable) are measured on initial recognition at settlement amount after any trade discounts or amount advanced by the charity. Subsequently, they are measured at the cash or other consideration expected to be received.	Yes	No	N/a
		<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Note 3 Analysis of income

		Unrestricted funds	Restricted income funds	Endowment funds	Total funds £	Prior year £
Analysis						
Donations and legacies:	Donations and gifts	4,479	68,195	-	72,674	63,079
	Gift Aid	-	-	-	-	-
	Legacies	-	-	-	-	-
	General grants provided by government/other charities	-	8,148	-	8,148	2,552
	Membership subscriptions and sponsorships which are in substance donations	-	-	-	-	-
	Donated goods, facilities and services	-	-	-	-	-
	Other	-	-	-	-	-
Total		4,479	76,343	-	80,822	65,631
Charitable activities:		-	-	-	-	-
		-	-	-	-	-
		-	-	-	-	-
	Other	-	-	-	-	-
Total		-	-	-	-	-
Other trading activities:		-	-	-	-	-
		-	-	-	-	-
		-	-	-	-	-
	Other	-	-	-	-	-
Total		-	-	-	-	-
Income from investments:	Interest income	-	-	-	-	-
	Dividend income	-	-	-	-	-
	Rental and leasing income	-	-	-	-	-
	Other	-	-	-	-	-
Total		-	-	-	-	-
Separate material item of income:		-	-	-	-	-
		-	-	-	-	-
		-	-	-	-	-
	Other	-	-	-	-	-
Total		-	-	-	-	-
Other:	Conversion of endowment funds into income	-	-	-	-	-
	Gain on disposal of a tangible fixed asset held for charity's own use	-	-	-	-	-
	Gain on disposal of a programme related investment	-	-	-	-	-
	Royalties from the exploitation of intellectual property rights	-	-	-	-	-
	Other	-	-	-	-	-
	Total	-	-	-	-	-
TOTAL INCOME		4,479	76,343	-	80,822	65,631

Note 4 **Analysis of receipts of government grants**

	Description	This year £
Government grant 1	Covid-19 Job Retention Scheme	1,699
Government grant 2	Statutory maternity pay relief	6,449
Government grant 3		-
Other		-
	Total	8,148

	Description	Last year £
Government grant 1	Covid-19 Job Retention Scheme	2,552
Government grant 2		-
Government grant 3		-
Other		-
	Total	2,552

	This year	Last year
<i>Please provide details of any unfulfilled conditions and other contingencies attaching to grants that have been recognised in income.</i>		

	This year	Last year
<i>Please give details of other forms of government assistance from which the charity has directly benefited.</i>		

Section C	Notes to the accounts	(cont)
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Note 6 Analysis of expenditure

Analysis	This year				Last year			
	Unrestricted funds	Restricted income funds	Endowment funds	Total funds	Unrestricted funds	Restricted income funds	Endowment funds	Total funds
				£				£
Expenditure on raising funds:								
Incurring seeking donations	276	8,072	-	8,348	327	12,623	-	12,951
Total expenditure on raising funds	276	8,072	-	8,348	327	12,623	-	12,951
Expenditure on charitable activities:								
Grants	6,678	30,226	-	36,904	17,692	9,401	-	27,093
Transportation	-	663	-	663	2,534	-	-	2,534
Accommodation	-	-	-	-	-	-	-	-
Sustenance	-	-	-	-	600	-	-	600
Visas	-	-	-	-	100	-	-	100
Other program costs	215	1,500	-	1,715	1,191	-	-	1,191
Bank and other financial charges	196	-	-	196	140	6	-	146
Office and administrative expenses	1,089	34,850	-	35,939	7,734	34,160	-	41,894
Other	-	-	-	-	-	-	-	-
Depreciation	-	-	-	-	139	-	-	139
Total expenditure on charitable activities	8,178	67,239	-	75,416	30,130	43,567	-	73,697
Separate material item of expense								
	-	-	-	-	-	-	-	-
	-	-	-	-	-	-	-	-
	-	-	-	-	-	-	-	-
Total	-	-	-	-	-	-	-	-
Other								
	-	-	-	-	-	-	-	-
	-	-	-	-	-	-	-	-
	-	-	-	-	-	-	-	-
	-	-	-	-	-	-	-	-
Total other expenditure	-	-	-	-	-	-	-	-
TOTAL EXPENDITURE	8,454	75,311	-	83,765	30,458	56,190	-	86,648

Section C	Notes to the accounts
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Note 10 Details of certain items of expenditure

10.1 Fees for examination of the accounts

Please provide details of the amount paid for any statutory external scrutiny of accounts and other services provided by your independent examiner. If nothing was paid please enter '0' in the appropriate box(es).

Independent examiner's fees

Assurance services other than audit or independent examination

Tax advisory fees

Other fees (for example: financial advice, consultancy, accountancy services) paid to the independent examiner

This year £	Last year £
390	390
-	-
-	-
270	-

Section C	Notes to the accounts	(cont)
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Note 11 Paid employees

Please complete this note if the charity has any employees.

11.1 Staff Costs

	This year £	Last year £
Salaries and wages	41,319	45,500
Social security costs	-	820
Pension costs (defined contribution scheme)	57	174
Other employee benefits	-	-
Total staff costs	41,376	46,495

This year:

Please give details of the number of employees whose total employee benefits (excluding employer pension costs) fell within each band of £10,000 from £60,000 upwards. If there are no such transactions, please enter 'true' in the box provided.

No employees received employee benefits (excluding employer pension costs) for the reporting period of more than £60,000

TRUE

Please provide the total amount paid to key management personnel (includes trustees and senior management) for their services to the charity. For specific amounts paid to trustees, see Note 28.

This year £	Last year £
41,376	46,495

11.2 Average head count in the year

The parts of the charity in which the employees work

	This year Number	Last year Number
Fundraising	1	1
Charitable Activities	1	1
Governance	-	-
Other	-	-
Total	2	2

Section C

Notes to the accounts

(cont)

Note 13 Grantmaking

Please complete this note if the charity made any grants or donations which in aggregate form a material part of the charitable activities undertaken.

This year:

13.1 Analysis of grants paid (included in cost of charitable activities)

Analysis	Grants to institutions	Grants to individuals	Support costs	Total
			£	£
Unity in Health Nepal	36,261.00	-	-	36,261.00
MH Development organisation	643.00	-	-	643.00
Total	36,904	-	-	36,904

Please enter "Nil" if the charity does not identify and/or allocate support costs.

13.2 Grants made to institutions

My charity has made grants to particular institutions that are material in the context of its grantmaking. Details of the institution supported, purpose of the grant and total paid to each institution is available on the charity's web site.	Yes	Please provide details of charity's URL.
	No	Provide details below

Names of institution	Purpose	Total amount of grants paid £
Unity in Health Nepal	UiH Nepal was created in order to enable JMH's activities in Nepal	36,261
MH Development Organisation	For a specific acquisition	643
Total grants to institutions in reporting period		36,904
Other unanalysed grants		-
TOTAL GRANTS PAID		36,904

Last year:

13.3 Analysis of grants paid (included in cost of charitable activities)

Analysis	Grants to institutions	Grants to individuals	Support costs £	Total £
Unity in Health Nepal	22,943	-	-	22,943
MH Development organisation	4,150	-	-	4,150
Activity or project 3	-	-	-	-
Activity or project 4	-	-	-	-
Total	27,093	-	-	27,093

Please enter "Nil" if the charity does not identify and/or allocate support costs.

13.4 Grants made to institutions

My charity has made grants to particular institutions that are material in the context of its grantmaking. Details of the institution supported, purpose of the grant and total paid to each institution is available on the charity's web site.

Yes	Please provide details of charity's URL.
No	Provide details below

Names of institution	Purpose	Total amount of grants paid £
Unity in Health Nepal	UiH Nepal was created in order to enable JMH's activities in Nepal	22,943
MH Development Organisation	For a specific acquisition	4,150
Total grants to institutions in reporting period		27,093
Other unanalysed grants		-
TOTAL GRANTS PAID		27,093

Section C
Notes to the accounts
(cont)
Note 14 Tangible fixed assets
Please complete this note if the charity has any tangible fixed assets
14.1 Cost or valuation

	Freehold land & buildings	Other land & buildings	Plant, machinery and motor vehicles	Fixtures, fittings and equipment	Total
	£	£	£	£	£
At the beginning of the year	-	-	-	1,698	1,698
Additions	-	-	-	-	-
Revaluations	-	-	-	-	-
Disposals	-	-	-	-	-
Transfers *	-	-	-	-	-
At end of the year	-	-	-	1,698	1,698

14.2 Depreciation and impairments

**Basis	SL or RB (Straight Line or Reducing Balance)	SL or RB	SL or RB	SL or RB	SL or RB
** Rate					

At beginning of the year	-	-	-	1,698	1,698
Disposals	-	-	-	-	-
Depreciation	-	-	-	-	-
Impairment	-	-	-	-	-
Transfers*	-	-	-	-	-
At end of the year	-	-	-	1,698	1,698

14.3 Net book value

Net book value at the beginning of the year	-	-	-	0	0
Net book value at the end of the year	-	-	-	0	0

Section C	Notes to the accounts	(cont)
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Note 19 Debtors and prepayments

Please complete this note if the charity has any debtors or prepayments.

19.1 Analysis of debtors

Trade debtors

Prepayments and accrued income

Other debtors

Total

This year	Last year
£	£
-	-
646	646
-	20
646	666

Please complete 19.2 where a material debtor is recoverable more than a year after the reporting date.

19.2 Analysis of debtors recoverable in more than 1 year (included in debtors above)

Trade debtors

Prepayments and accrued income

Other debtors

Total

This year	Last year
£	£
-	-
-	-
-	-
-	-
-	-

Section C	Notes to the accounts	(cont)
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Note 20 **Creditors and accruals**

Please complete this note if the charity has any creditors or accruals.

20.1 Analysis of creditors

	Amounts falling due within one year		Amounts falling due after more than one year	
	This year £	Last year £	This year £	Last year £
Accruals for grants payable	-	-	-	-
Bank loans and overdrafts	-	-	-	-
Trade creditors	-	-	-	-
Payments received on account for contracts or performance-related grants	-	-	-	-
Accruals and deferred income	390	390	-	-
Taxation and social security	-	-	-	-
Other creditors	-	53	-	-
Total	390	443	-	-

Section C	Notes to the accounts	(cont)
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Note 24 **Cash at bank and in hand**

Short term cash investments (less than 3 months maturity date)
Short term deposits
Cash at bank and on hand
Other
Total

This year £	Last year £
-	-
-	-
51,245	54,220
-	-
51,245	54,220

Section C	Notes to the accounts	(cont)
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Note 27 **Charity funds**

27.1 Details of material funds held and movements during the CURRENT reporting period

Please give details of the movements of material individual funds in the reporting period together with a balancing figure for 'Other funds'. The 'Total funds' figure below should reconcile to 'Total funds' in the balance sheet.

** Key: PE - permanent endowment funds; EE - expendible endowment funds; R - restricted income funds, including special trusts, of the charity; and U - unrestricted funds*

Fund names	Type PE, EE R or UR *	Purpose and Restrictions	Fund balances brought forward £	Income £	Expenditure £	Transfers £	Gains and losses £	Fund balances carried forward £
Unrestricted	U	Unrestricted	14,166	4,479	- 8,454	-	-	10,191
Restricted	R	Restricted to specific projects	42,174	76,343	- 75,311	-	-	43,206
			-	-	-	-	-	-
			-	-	-	-	-	-
			-	-	-	-	-	-
			-	-	-	-	-	-
			-	-	-	-	-	-
			-	-	-	-	-	-
			-	-	-	-	-	-
			-	-	-	-	-	-
			-	-	-	-	-	-
Other funds	N/a	N/a	-	-	-	-	-	-
Total Funds			56,340	80,822	- 83,765	-	-	53,397

Section C **Notes to the accounts** **(cont)**

Note 27 **Charity funds (cont)**

27.2 Details of material funds held and movements during the PREVIOUS reporting period

Please give details of the movements of material individual funds in the reporting period together with a balancing figure for 'Other funds'. The 'Total funds' figure below should reconcile to 'Total funds' in the balance sheet.

** Key: PE - permanent endowment funds; EE - expendable endowment funds; R - restricted income funds, including special trusts, of the charity; and U - unrestricted funds*

Fund names	Type PE, EE R or UR *	Purpose and Restrictions	Fund balances brought forward £	Income £	Expenditure £	Transfers £	Gains and losses £	Fund balances carried forward £
Unrestricted	U	Unrestricted	41,539	3,085	- 30,458	-	-	14,166
Restricted	R	Restricted to specific projects	35,818	62,546	- 56,190	-	-	42,174
			-	-	-	-	-	-
			-	-	-	-	-	-
			-	-	-	-	-	-
			-	-	-	-	-	-
			-	-	-	-	-	-
			-	-	-	-	-	-
			-	-	-	-	-	-
Other funds	N/a	N/a	-	-	-	-	-	-
Total Funds			77,357	65,631	- 86,648	-	-	56,340